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GRAND HOTEL

Thun and its Environs.



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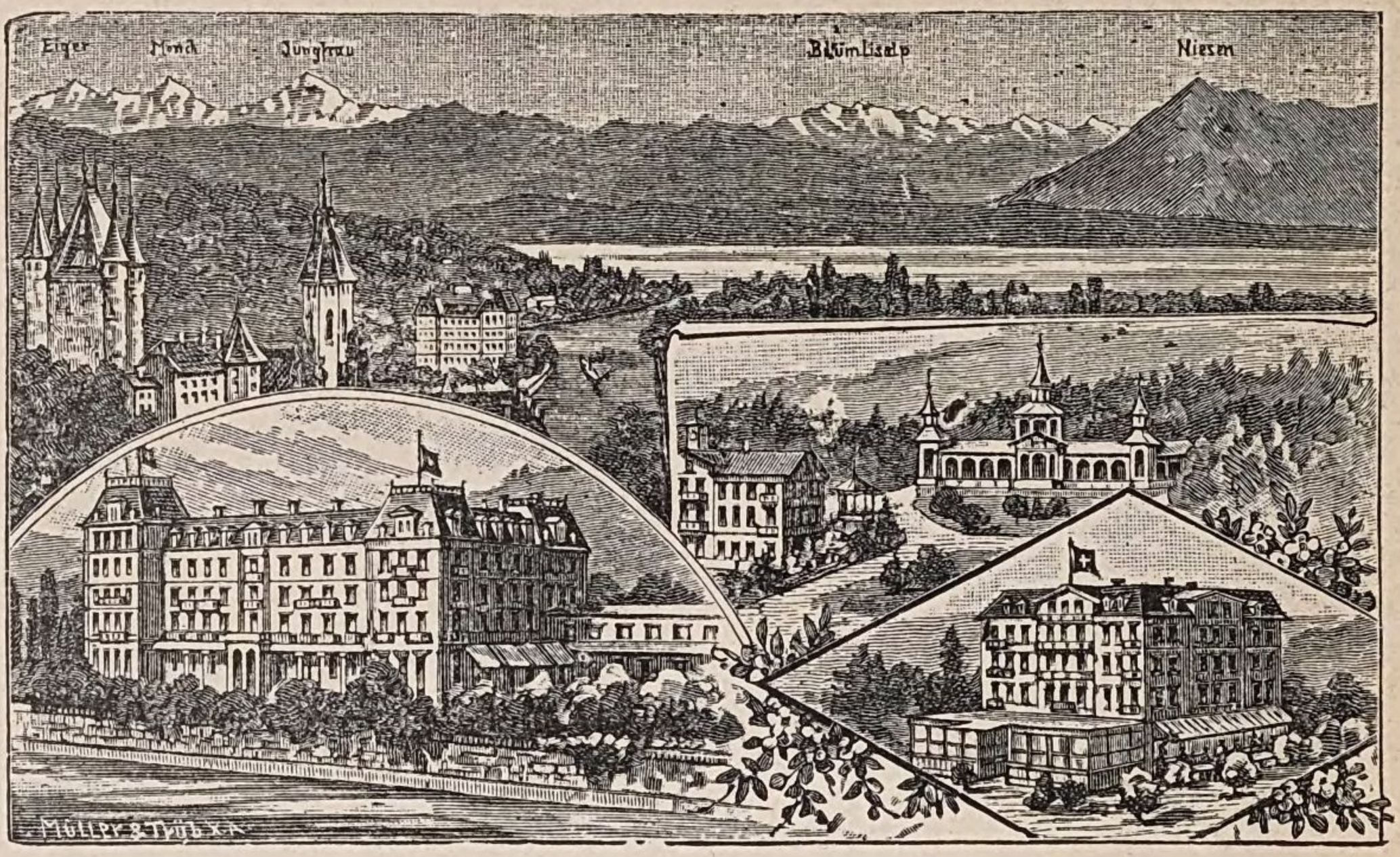
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THUN
AND ITS ENVIRONS

GUIDE

Published
by the
Society for the promotion of intercourse with Thun
revised by **Dr. phil. C. Huber.**

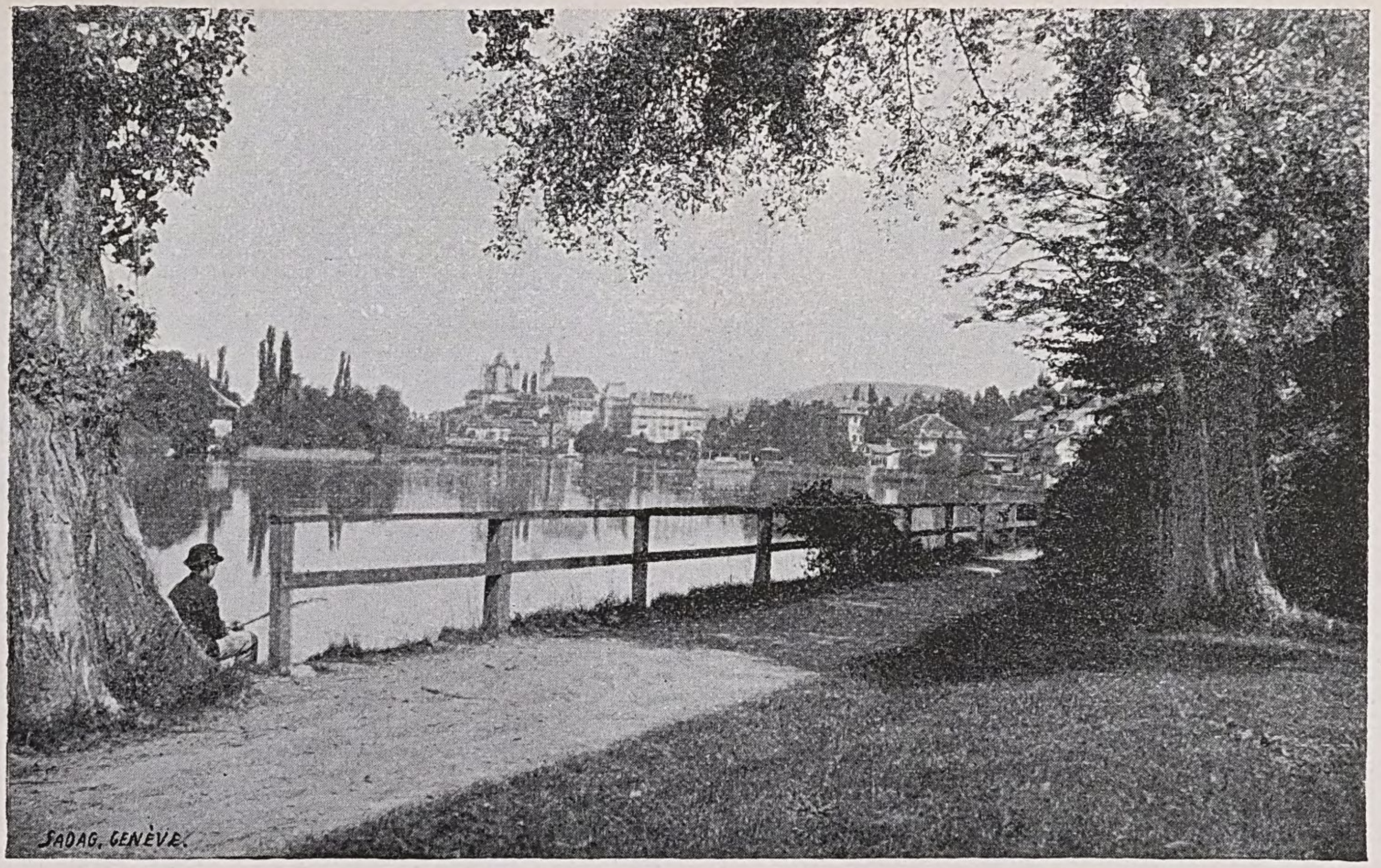
Appendix:

Notes on climate and sanatory advantages of Thun
by **Dr. med. E. Mory.**

Numerous illustrations, a topographical map and a plan
of the different routes to Thun.

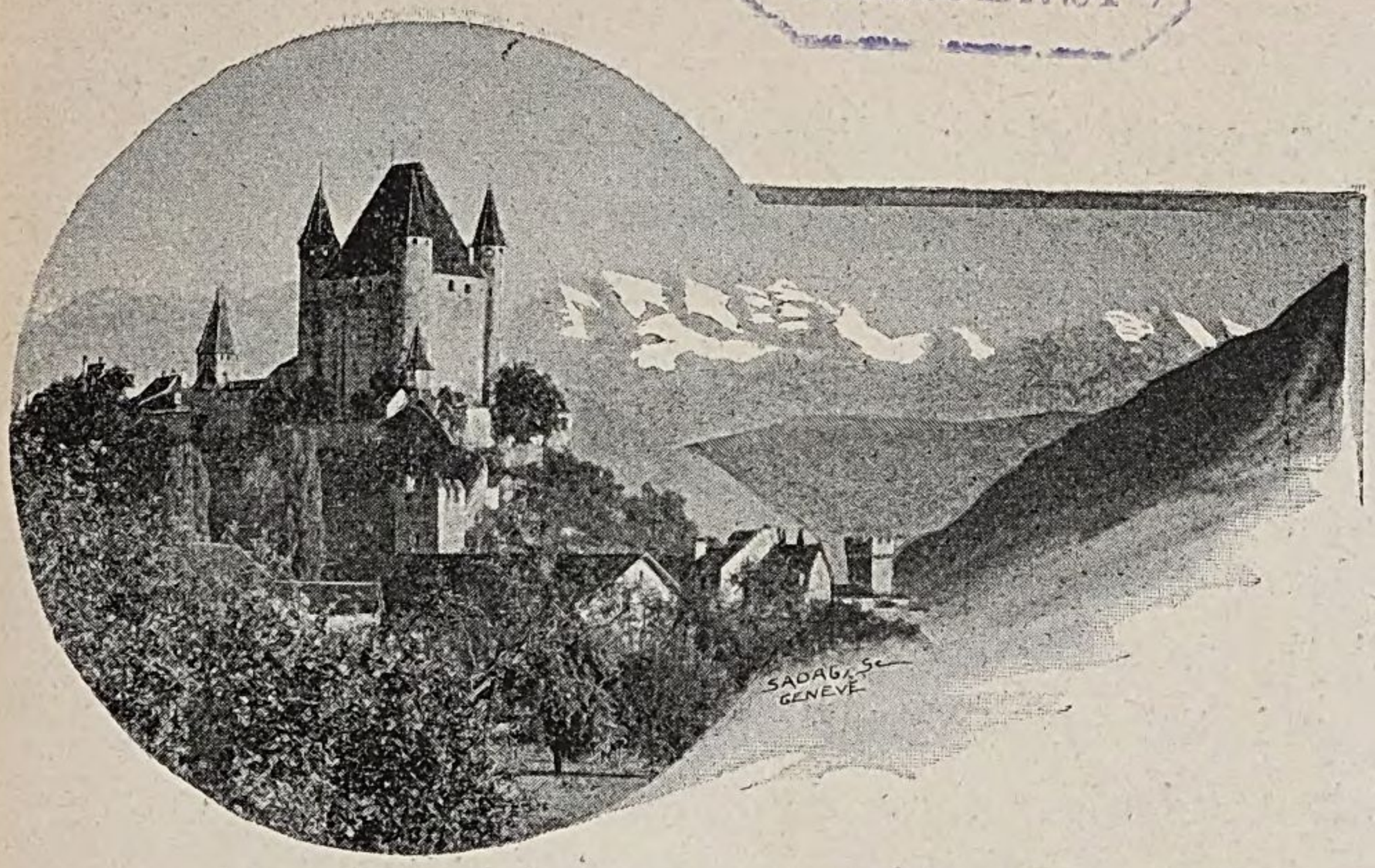
THUN
Printed and published on commission by Eugen Stämpfli
1898

BIBLIOTHECA
REGIA
MONACENSIS



Thun from the Bächimatt

BIBLIOTHECA
REGIA
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Castle of Thun

THUN

The environs of Thun abound in such charming scenery, that it is not only worth while staying there for a few hours or a few days, but, as many visitors will gladly testify, even to devote a whole season or more to the enjoyment of its ever-changing landscapes and its climate, recommended to invalids and convalescents by the highest medical authorities. (See appendix on climate etc.)

The great variety of views is by no means surprising, when one considers the geological position of the place. Thun, as Lucerne, is not, like many others of the most frequented tourist resorts, shut in between steep and towering cliffs, but is a point, where the region of the High-Alps falls away to the hilly and

undulating country of the valley of the river Aare. Here, in prehistoric times, the waves of a mighty ocean broke on Europe's oldest mountains. Only recently have the difficult problems, offered to scientists by the geological formatiou of the nearest surroundings, been satisfactorily solved. To the east of the town lie the mighty strata of pudding-stone (comprising Schlossberg, Grüsisberg and all the hills away to Eriz and the valley of the Emme, and the strata along the lake to Ralligen to the south and besides these the Stockhorn-chain to the west). Whence came these strata of pudding-stone, which lie open before us at Lauenen, in the gorges of Kohleren and Gunten, and in the Ralliggraben near Merligen? The latest geologists have discovered, that these strata are part of a mighty mountain-range lying formerly in front of the Alps of our days, but destroyed by the action of the sea and torn asunder by upheaval and dislocation. This range is believed at one time to have extended from the Vorarlberg and Tyrol (visible in our days in the Mythen, Buochserhorn, Stanserhorn, in our layers of pudding-stone and in the Stockhorn) down to the river Arve in the far west. What immense changes this dislocation and wearing away of such a mighty range must have produced! In later epochs other changes followed, during the glacial age.

Where today the river Kander forms a huge delta (about 200 acres), after its waters had, in 1714, been directed into the lake by a cutting in the hill-range

between Gwatt and Einigen, the same stream flowed even before the glacial age and had formed a similar delta. But when the Aare-glacier, during the glacial period, steadily advanced and grew in extent, even attaining the height of and crossing the Brunig right down to Kerns, it joined the still larger glacier of the Rhone near Berne; a series of huge moraine-ranges were formed on its sides, of which we have ample proof in the erratic blocks above Beatenberg, on the Falkenfluh, 1600 and 1109 metres above the sea, on the Belpberg and the hills round Thierachern and Amsoldingen. The Kander-glacier at that epoch also reached down as far as the lake. The lateral moraines of this and the Aare-glacier, when the glaciers receded, rose up to a colossal central moraine, the débris of which, in some places 35 metres in diameter, forms the upper part of the hill-range, separating the valley of the Glütsch-stream (the old bed of the Kander) from the lake. At that time the Kander flowed directly into the Aare somewhat below Thun, and with its boulders formed the „Allmend“ or common of Thun, today used as drilling-ground. In this period frequent inundations must have taken place. The boulders of the Kander forced the Aare more and more to the east. But it is still a disputed question, whether by this process the strata of pudding-stone on the Grüsisberg were undermined, forming the steep now called „Lauenen“. At any rate no historical reports or legends

about this landslip are forthcoming. On the other hand the fact, that before the Reformation the church of Scherzligen stood on an island, and that the intercourse between the east and west-side of the valley was difficult, seems to show, that the development of the oldest civilization took place essentially on the western side. In 1714 however, the whole valley began to



River Aare

grow fertile and gradually to attain the flourishing appearance of to-day. From these geological changes alone it is quite evident, **that the environs of Thun occupy a prominent position in Switzerland from their great variety of character and, in consequence thereof, the abundance of charming scenery.** So we are obliged to choose from this profusion only the most

remarkable, and even then we can treat it but superficially. The charms of the immediate neighbourhood are greatly enhanced by the eternal view of the grand world of the High-Alps.

We do not exaggerate, but on the contrary can refer to no less a person, than Alexander von Humboldt, when we say, **no spot in Switzerland offers a more compact, complete, finer and all-embracing view of valley, hills, lake and High-Alps, than Thun.** Wherever we stand, on the Castle-Hill, on the Aare-bridges, on the terrace of the Thunerhof, in the streets on the west-side of the valley, at the Pension Itten, on St. Jacob's Hill, on the Allmend or from the gardens of the castle of Schadau, or in the Bächimatt; before us lies the wide valley and the lake at the foot of the Fore-Alps. These again are overtowered by the dazzling giants of the Bernese Oberland, Jungfrau, Mönch and Eiger in the centre, to the left Finsteraarhorn and Wetterhorn, and the beautiful Blümlisalp, Doldenhorn, Balmhorn and Altels on the right; then in close proximity the peaks of the Niesen and Stockhorn. A tourist cannot look at the spotless pinnacles of the Alps even from a distance, say from any of the best points of view at Berne, Geneva or other Swiss cities, without a strange longing to be near them; his eye is unable to penetrate into their inmost crevices and fissures. But when he ascends the valleys at their feet, he reaches a point, from where his longing is

satisfied; one of the most beautiful of these spots is **Thun.**

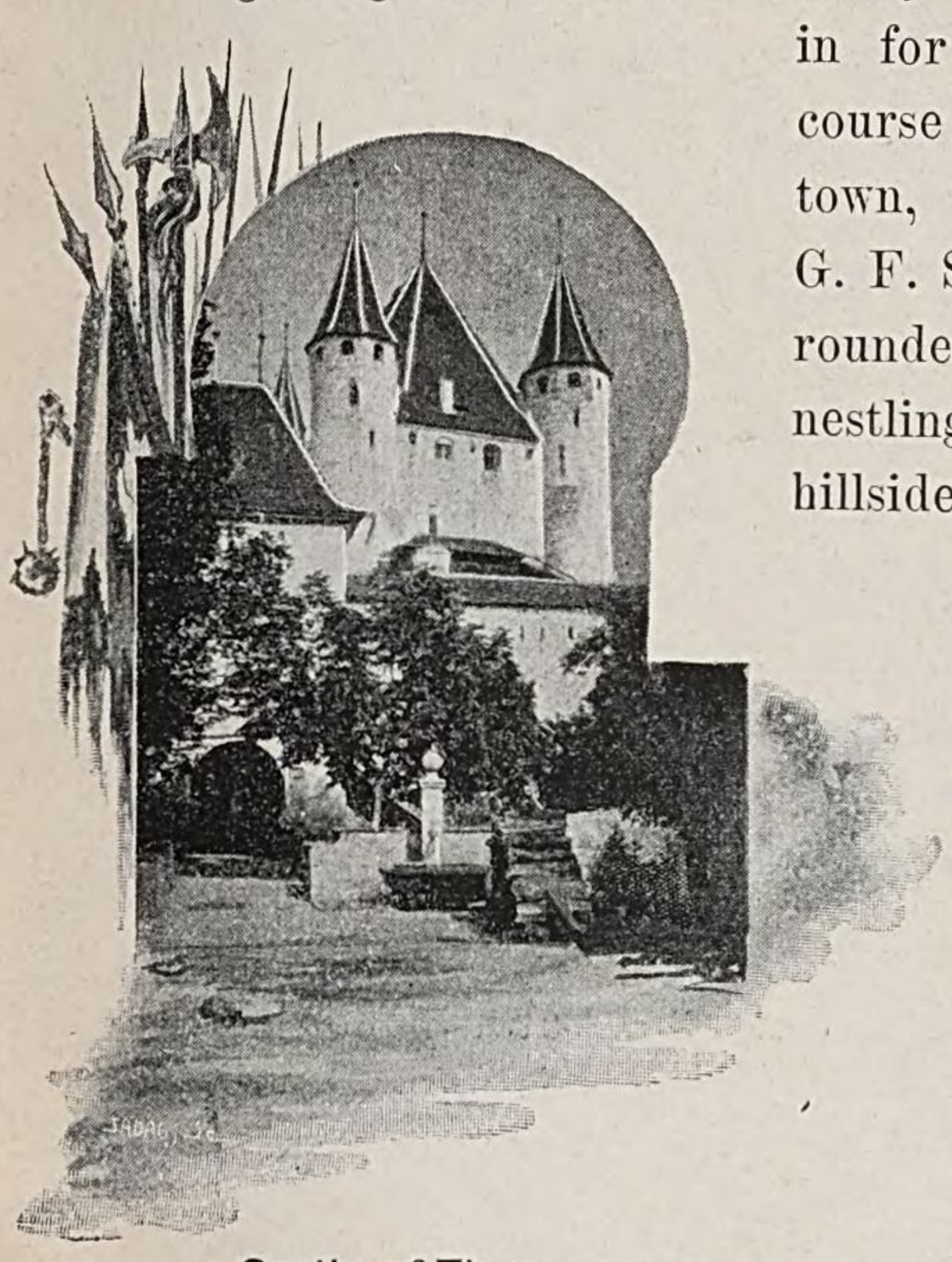
Of course in our days many travellers are not content, until they have set foot in this strange world of ice and snow itself. But fatiguing excursions must neccessarily be followed by days of repose; therefore a convenient spot, whence those higher objects can easily be reached, is not unessential. Thun with its **excellent means of communication** is eminently adapted hereto. In a single day one can now easily visit Interlaken, Wengernalp, Grindelwald, Murren etc., returning to Thun, with halts of several hours on the way.

Lastly it is not only Nature and her beauties, that attract the traveller, but also the **history** of man and his doings are of great interest to him. We hasten to show below, that in this respect too, **Thun** can well compete with other towns.

Already in the time of the Romans Thun was thought a desirable place, so that Roman soldiers and artisans settled here, for it was only a short distance from the great high-road, traversing Switzerland from west to east. In the latter part of the middle ages it was a flourishing strong-hold, greatly patronized as residence by the noble families between Berne and Interlaken; later on it was the home of men, who always returned, crowned with fame and glory from the wars of independence of Berne and the Swiss Confederation; at last in the 19th century it became a town, renowned

for its industry and true allegiance to the Confederation, and which, by the new ways of communication with the Valais, Vaud and Central Switzerland, has undoubtedly a brilliant future before it.

Although great changes have taken place in the outer appearance of the town, only since the middle of the last century, yet many a quaint relic remains of medieval architecture and fortification, a great attraction for the numerous artists, male and female, and amateur photographers, who in summer find an unequalled abundance of subjects for exercising their art, for instance near the castle, the Burgthor, in front of the town-hall, beside the Freienhof etc., not forgetting the beautiful scenery around for those who go in for landscape-painting. Of course Thun is no more the same town, as described in 1822 by G. F. Studer.; that borough, surrounded by walls and gates, nestling against the **vine-covered** hillside, with 2000 inhabitants, is no more. In its place we find a town, extending on all sides, with 6000 inhabitants and brilliant with Electric light.



Castle of Thun

History: Thun is, as its name proves (dunum = hill) of Celtic origin. Knights of Thun lived in the 12th century (not related to the Tyrolese counts of the same name, although their coat of arms is strikingly similar). The Dukes of Zähringen, to whom the site of the town belonged, built the castle about 1182. When, in 1218, it went over to the House of Kyburg, the town numbered no less than 70 noble families among its citizens, and 15 Squires from the neighbourhood had their town-houses and their guild-hall „Oberherren“ (to-day the house of Mr. Engel, jeweller) there. The people of Thun several times received charters from the House of Kyburg in 1256 and 1264, 1316.

After the fratricide in the House of Kyburg, Thun became the vassal of **Berne.** The two brothers Hartmann and Eberhard of Kyburg had a quarrel over an affair of inheritance. The 30th of October 1322 had been fixed for the reconciliation in the castle of Thun. But during dinner, a dispute arose; the wine excited their tempers; they flew to arms, and in the turmoil Count Hartmann, the elder brother, was killed on the dark staircase of the tower and his body thrown into the courtyard below. Eberhard sought the protection of Berne, which bought Thun of him for 3000 pounds. At last, in 1382, Thun was permanently incorporated into the State of Berne, although preserving its chartered rights. Its colours from that time were always borne



Gate of Castle

next to those of Berne, already in the battle of Laupen, then at Grandson and Morat, Nancy and Marignano. Thun also took part in the conquest of Vaud 1536, and at last at Neuenegg 1798. 1528 it embraced the Protestant faith. From 1798 to 1803 it was the capital of the Canton Oberland, and in 1819 it became the first military station of the Swiss Confederation. The town holds its martial reminiscences in honour by the encouragement of military exercise, and is in possession of a corps of cadets and crossbow boys.

The town and promenades in the immediate vicinity. The town lies 558 meters above sea, according to the meteorological station on the „Plätzli“. The best place for a survey of the town and valley, as well as a magnificent point of view for the Alps is on the castle-terrace to the north, and on the church-terrace to the south. The castle and the hill, on which it stands, formerly covered with vineyards, can be reached by several ways, either by a carriage-road past the Pension Baumgarten and through the „Burgthor“ i. e. gate of the castle, or from the High-Street by a curious covered staircase (129 steps); other ways lead up from the square before the town-hall and from the tower at the north-western end of the hill.

Finest view from the cemetery and the pavilion therein (telescope to be had from the sexton).

To the south the most prominent features of the landscape are the basin of the river Aare and the majestic mountains. On the left the Grüsisberg, rising up to the summit of the Rabenfluh (860 m), and falling away to the Aare by the **Lauenen,** shuts in the valley. On the other side of the lake, in front of the Blümlisalp, the Äschi-Allmend stretches away into the distance, sloping up to the height of the Morgenberghorn; to the right of this Allmend the Niesen guards the entrance to the Kanderthal, and opposite this, (to the west), the valley is bounded by the Stockhorn-chain, which reaches its greatest elevation in the Gantrisch, with the ridge of the Gurnigel at its base and, further down the valley, the Belpberg.

Castle-terrace, northern Castle-Hill. Westwards, beyond the Aare, the Allmend with its magnificent avenues extends across to the line of moraines; on this side of the river the hill-ranges commence, which lead over into the Emmenthal; very conspicuous to the west is the Falkenfluh, projecting into the valley; almost at our feet lies the prosperous village of Steffisburg.

The **church** (Protestant service) with its octangular tower is more ancient, than the castle, so that even Roman foundation was suspected. It was endowed by the „good“ Queen Bertha, who consecrated it to St. Mauritius as a chapel of ease to the church of Einigen (founded 533),

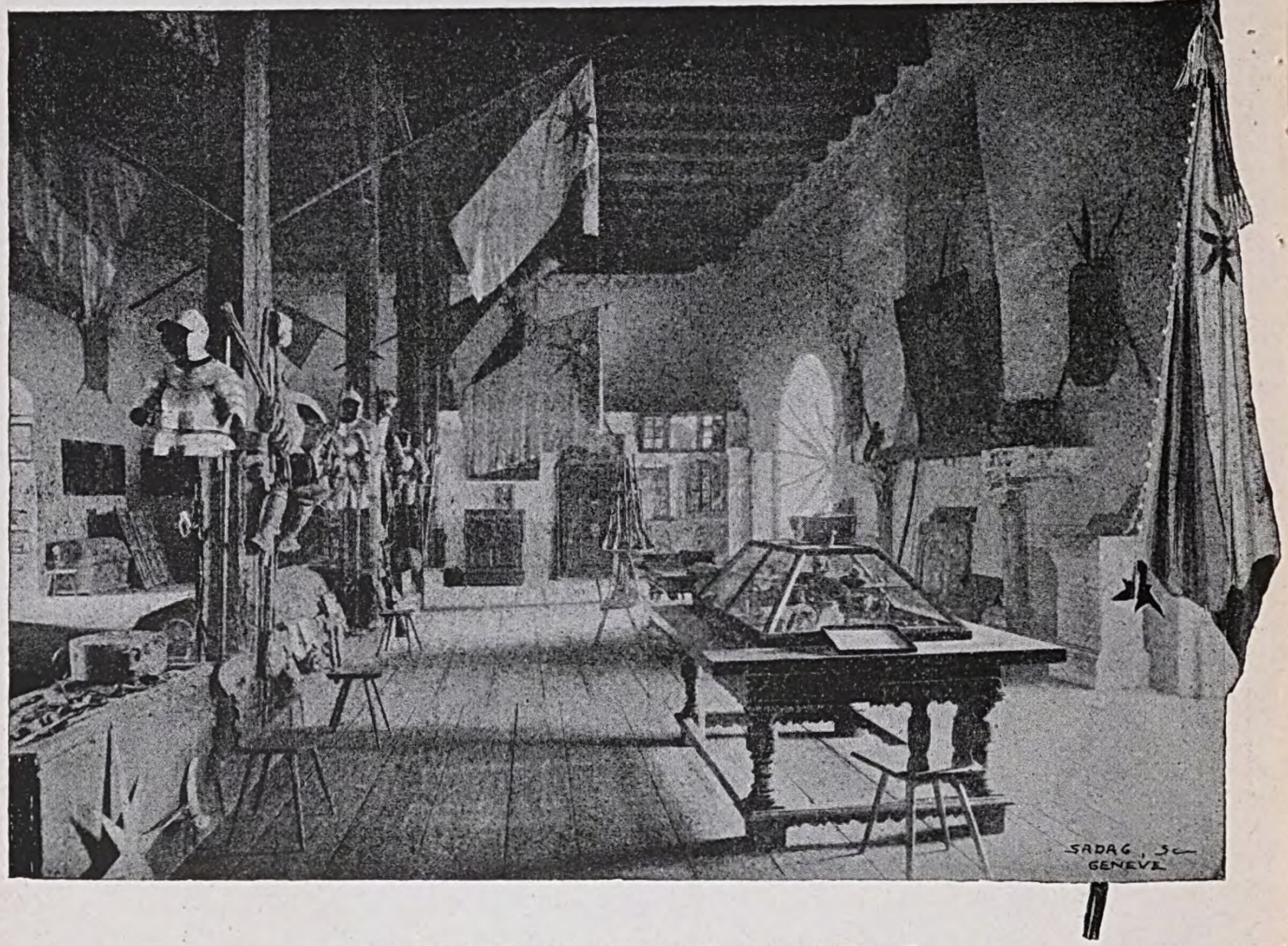
and then bestowed it upon the monastery at Interlaken. At the Reformation, Thun embraced the same new belief, as Berne. The rather plain interior of the church is adorned by some remarkable stained windows and some frescoes of the 14th century under the tower, in whose cross-vault is the relief head of St. Mauritius. An altarcloth, consecrated to St. Mauritius in 1350, is now deposited in the museum of the castle.

The **castle** itself is now only used as a prison, but contains besides an **historical museum** with some relics well worth seeing:

To visit this museum, enter the court-yard by the ancient entrance-gate. Then a staircase leads past the keeper's dwelling to the ancient great hall, in which in 1887 the historical museum was arranged. To the left of the entrance we have a plan of the old Christian crypt of Amsoldingen, where the Roman grave- and milestones, exhibited along the southern wall, were found. These stones were probably presented for use in the erection of the crypt to the Bishop of Aventicum, the former Helvetian capital. The centre of the wall is occupied by the ancient fireplace, unfortunately in a bad state of preservation: the windows are decorated with valuable stained and latticed windows. The western wall is ornamented with works by native rural craftsmen, cupboards and sideboards, in which a collection of ancient pottery from the Emmenthal' Simmenthal and the neighbouring Heimberg is on exhibition. Overhead the walls are adorned with the armorial bearings belonging to the families of the various guilds.

The northern side of the hall is covered with a series of old Gobelins, the most valuable treasure of the whole collection; among these the most remarkable are two altar-cloths, so-called antependia, from the altar of St. Mauritius, the patron

saint of the town-church. The older one, in Romanesque style, dates from the middle of the 14th century and shows in its centre St. Mauritius, surrounded by the symbols of the four



Historical Museum in the Castle of Thun

Evangelists. The other fields represent, also in symbols, the Passion and the Resurrection of our Lord. The second antependium, ornamented with the armorial bearings of Krauchthal and Felschen, dates from the 15th century, and was presented to the town-church by Anne of Krauchthal, late of Veltschen. The centre is taken up by a representation of the

Virgin Mary and the child Jesus; on the left St. Anthony, John the Baptist and John the Evangelist; on the right St. Mauritius, Magdalene and Catharine. Next to these hang three tent-covers, taken by the men of Thun at the battle of Grandson, against Charles the Bold. showing the coat of arms of Charles the Bold, the black lion of Flanders, the red lion of Limburg, the golden lion of Brabant and the oblique chevron of Burgundy. Along the wall coffers and chests are arranged, in which in olden times the treasures of the house, the linen and, in a special compartment, the money and plate were secured. Some of these are veritable works of art in make, as well as design. On these chests old utensils of the Alpine dairy-men are exhibited, who formerly developed a certain luxury. This collection is especially rich in old milk- and cream-vessels, called „Tuteli“, milk-stools, butter-stamps, Alpine horns etc.

The recess of the window on the right is occupied by pictures of Roman-Helvetic relics found in these parts. In Allmendingen, half an hour's distance from Thun, was a Roman sanctuary, which, besides the altars of the Roman deities Apollo and Minerva, and of the Persian god of light Mythras, probably contained an altar to the ancient Celtic gods. Among the objects found at that time and deposited in the museum, are several offerings (hatchets), a head of Mythras, ointment-vases and some hundred copper coins, mostly with the effigy of Vespasian; then a plaster-cast of a bronze head of Diana (very beautiful), the original of which is kept at Berne.

The wooden pillars, supporting the mighty raftered ceiling, are decorated with what is left of the former armoury in the town-hall, half a dozen suits of armour and some halberds. Overhead hang the old banners of the town, less significant by their size and beauty, than by the reminiscenses they recall of victory and valour in the times gone by. One of them, bearing the black star, led the men of Thun in 1476

into the bloody strife at Morat, where by their bravery they gained the gold star for their armorial ensign. Next to it hangs the banner with the golden star, which, in 1499, was borne before them at the battle of Dornach, and helped them to take the Austrian standard now hanging at its side. E. Hopf.



Thun from the Thunerhof

We should recommend visitors to the museum to contemplate the magnificent view on all sides from the four turrets above the great hall.

From the Castle-Hill one has also a fine insight into the grouping of the different **quarters of the town.**

As the river Aare, at the gardens of the Freienhof just before the town, divides itself into two branches, the town is naturally composed of three parts: to the East **Castle-Hill, Hofstetten** and **High-Street,** the oldest part; between the two branches of the river **Bälliz** (palatium); on the west side of the Aare and



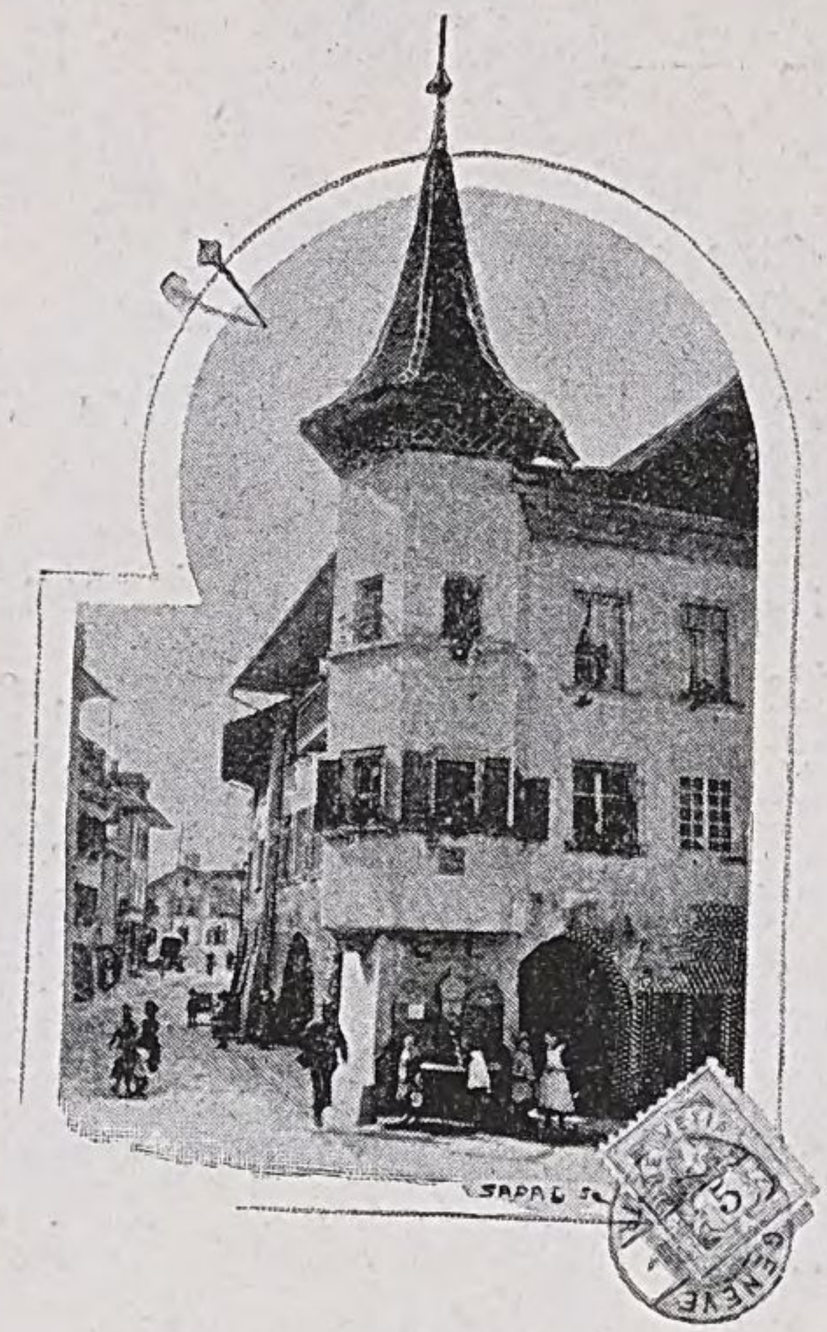
High-Street Thun

towards the lake lies the newest quarter, **the Seefeld,** and further down the valley, towards the Allmend, the **quarter of the barracks.** Eight bridges connect these quarters, 6 in town, 2 above and below it, above with floodgates, below the so-called Regie-bridge.

Through the town: On descending from the cemetery by the long, covered staircase, one finds oneself in High-Street opposite a house, now bearing Nr. 95, which in 1834 was the dwelling of the subsequent Emperor Napoleon III and his mother Hortense, and where the year after he passed three months as captain of artillery. In 1865 he returned with his wife for a stay at the Hotel Bellevue, and it is thanks to his example and hearty recommendation, that for years Thun was visited by people of the highest rank.

The **High-Street** is celebrated for the singular architecture of its houses with covered terraces and arcades, projecting into the street, and, in summer,

it is bright with an abundance of flowers. From the **Rathausplatz** with the Crown Hotel one has a good view of the castle towering above. The bridges across the Aare offer enchanting glimpses of the mountains. In **Bälliz** we find the new **Post- and Telegraph-Office,** whilst near the Freienhof our interest is awakened by the ancient and quaint architecture of the Rosengarten.

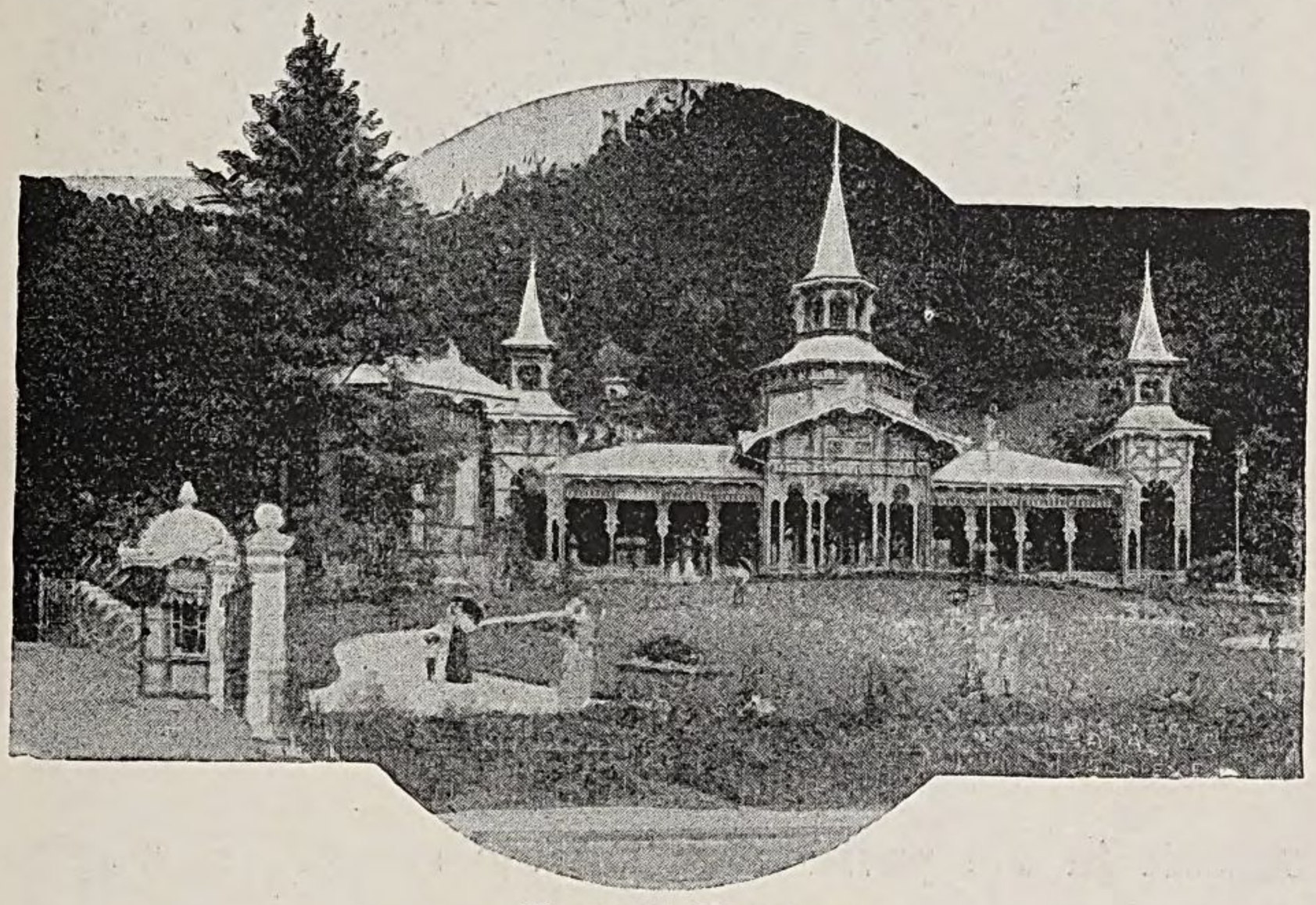


House with Projecture
at Rosengarten

Walks in the immediate neighbourhood of the town.

½—2 hours.

Before the southern entrance to the town, on the magnificent high-road (to Interlaken) lies the quarter



Kursaal Thun

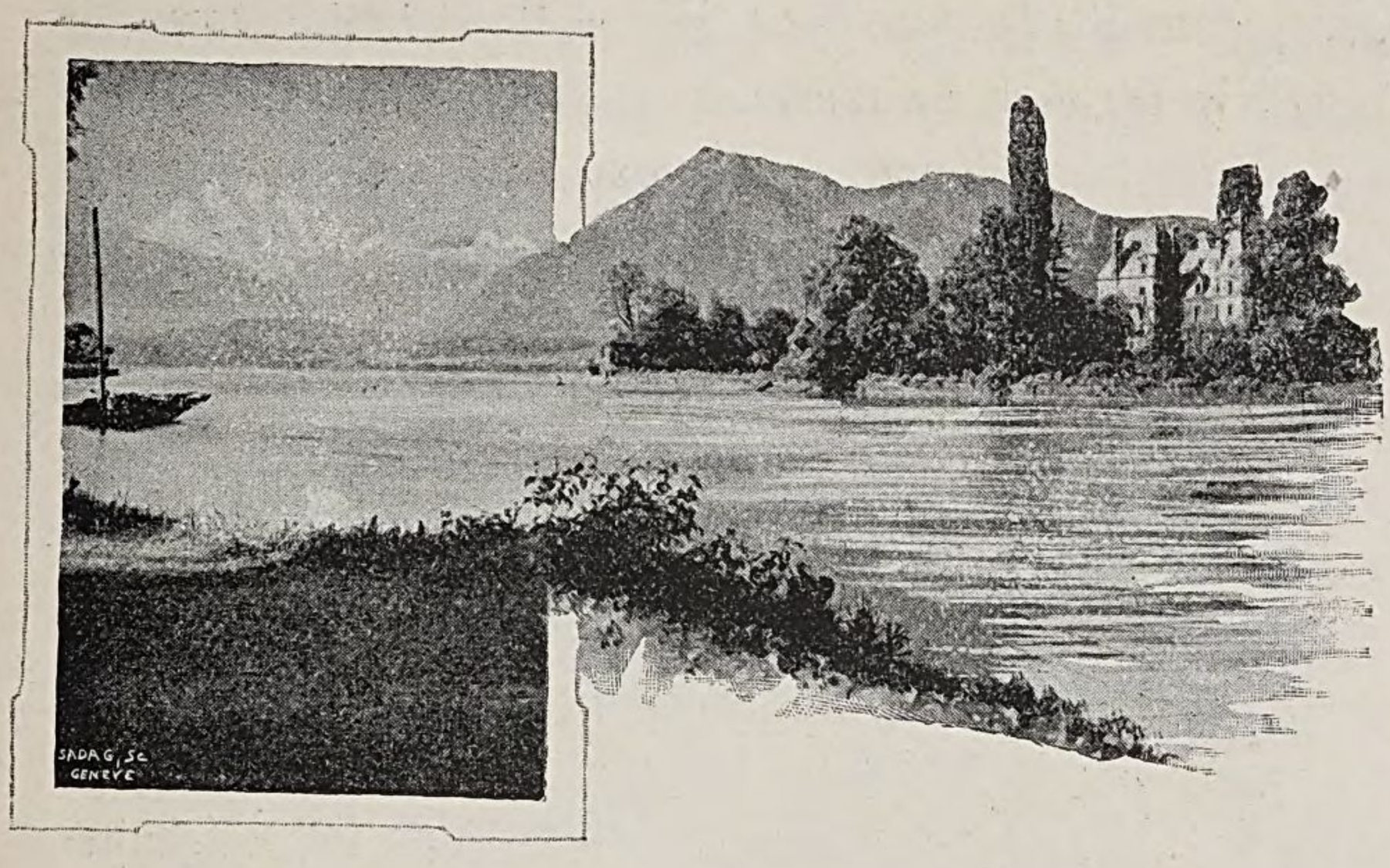
of **Hofstetten.** On the left Hotel and Pension Baumgarten; then, along the road, shops, where majolica-ware from Heimberg and, further on, Swiss chalets, where wood-carvings from the Oberland are exhibited for sale. Farther back stands the Roman-Catholic church with its pointed steeple, then on the right the massive building of the Thunerhof with a magnificent

view from its terrace (see Allers' drawings in „A wedding-trip through Switzerland"); opposite we find Hotel and Pension Bellevue, and next to its dependencies, near the Hofstetten landing-stage, the **Kursaal** (daily



Grand Hotel
Thunerhof

concert in the pavilion during the season), in a splendidly sheltered position high above the road on the wooded hillside, facing the broadest part of the basin of the Aare and with an all-comprising view of Niesen and Stockhorn-chain. In the back-ground, in the park of the Hotel Bellevue, on the borders of the woods, is the **English chapel**, one of the first built (1840) in Switzerland. On the hillside of the „**Grüsisberg**" behind, are splendid walks in the wood, leading to the south to St. Jacob's Pavilion on **St. Jacob's Hill** (splen-



Schadau-Castle

did point of view for sunrise and sunset; Alpine indicator), further up, on the left to the **Wartboden** (pavilion) and the **Rabenfluh** (signposts and seats), on the right, down to the **Gorge of Kohleren.**

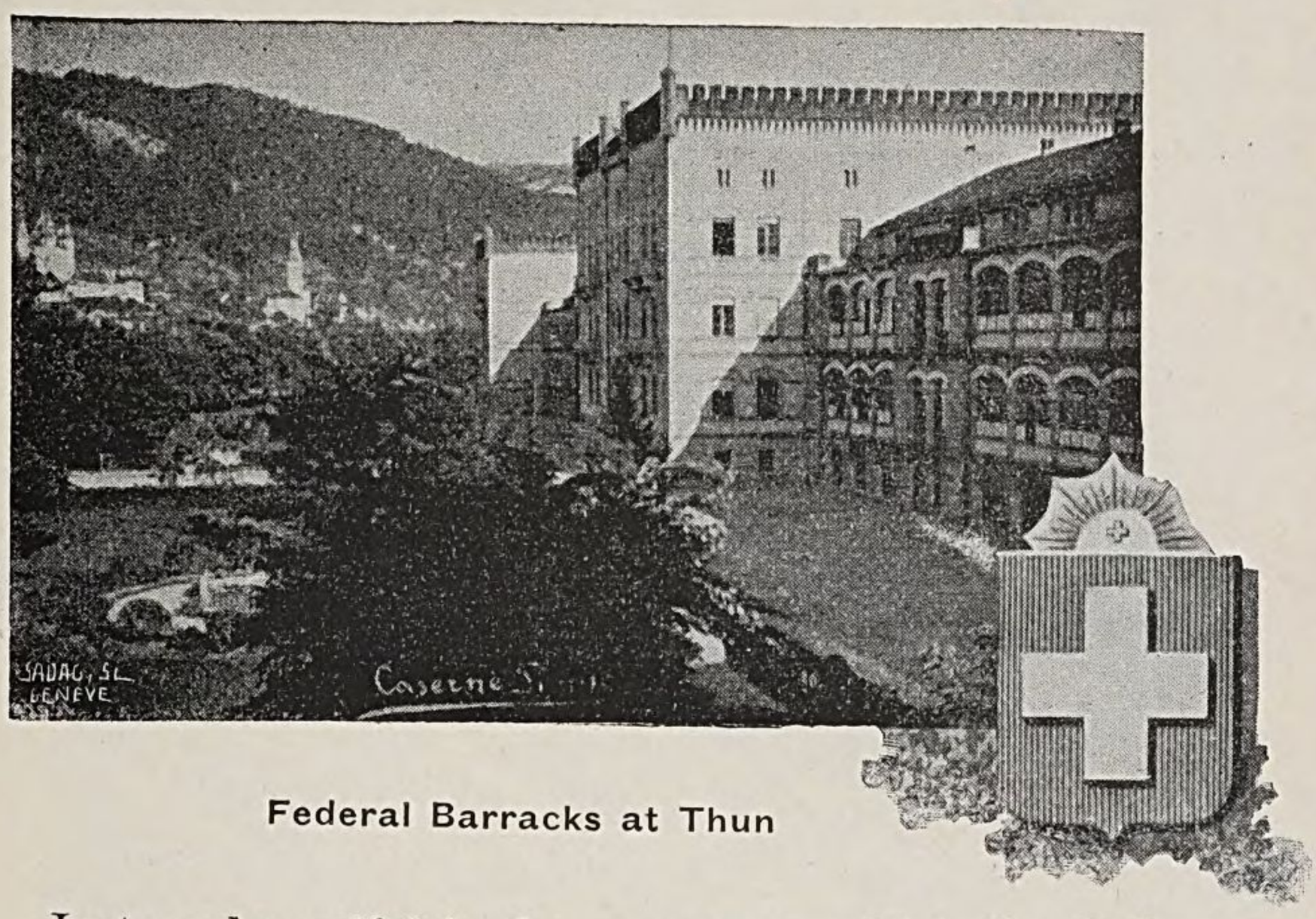
This gorge can also be reached from the Kursaal by the **Bächimatt,** the Chartreuse, up past Ried and along the Hünibach, at first through lovely meadows, then through shady woods, up the small valley, growing narrower and wilder at every step. In sparkling cascades the rivulet comes bounding down over the mighty cliffs into the valley; the footpath leads along and across it up on to the shaded Goldiwyl-road, by which Thun is reached again via the Lauenen. This is one of the most delightful walks. Quite different scenery will be found by our visitors on the **Schwäbis-pro-**

menade. Below the western walls of the town, a shady footh-path leads along the river to the falls of the Aare (caused by the overfall-weirs erected there in 1882). Here, near the **town-baths,** the two branches of the river join again.

Opposite the baths lies the ever-increasing copper-rolling-mill of G. Selve and the water- and electricity-works of the town (turbine by Bell, capstan from Cortaillod and two machines for rotatory electrical current from Oerlikon). The water-works pump water for the hydrants out of a pit 9 metres deep into a reservoir on the Lauenen. The drinking-water comes from springs at Homberg two hours off, and, according to recent analysis, is healthy and fresh, so that herein Thun can compete with any other town in Switzerland. Below the falls the **Regie-bridge** (on the right the Federal stables with about 600 horses for Swiss officers and 60 studhorses) takes us across the river to the **barracks,** a fine building, its entrance guarded by two guns (as emblems of defence), to the pedestals of which each canton contributed a characteristic stone slab.

Towards the Allmend lie the Federal manufactories of army-waggons and ammunition, and below the latter the cemetery, where the soldiers of Bourbaki's army, who died at Thun, were buried in 1871. The **Allmend,** the drilling-ground for the artillery, holding 850 acres, is well worth visiting, for here the mountains in the back-ground are seen to their best advantage; the

Allmend, being well covered with a compact turf, one is in no way encumbered by dust, and as it lies in the outskirts, one hardly notices in town, that Thun is a Federal military station.



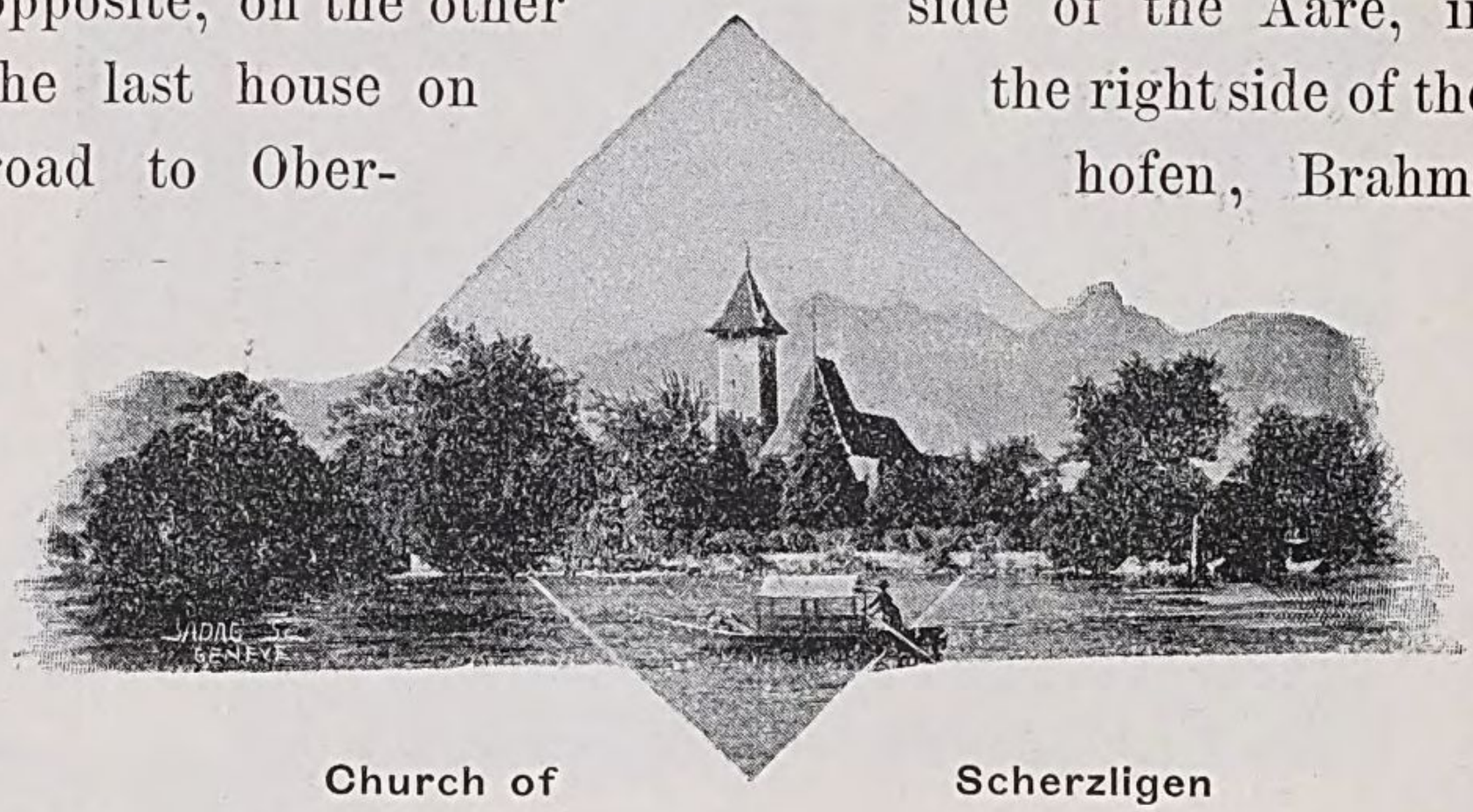
Federal Barracks at Thun

Just as beautiful is the prospect, which lies before us on the road, leading in 20 minutes across the upper bridges and past Pension Itten to the new cemetery with its quaint epitaphs and floral beauty. The country round is strewn with farms, in which many a head of the celebrated race of the Simmenthal cattle is to be seen. Anyone, taking an interest in such matters, is kindly requested to call on the proprietor of the Pension Itten.

One of the finest walks of Thun takes us from the Freienhof across the covered wooden bridge along

the left bank of the river past the „Inseli“ to the landing-stage and station of **Scherzligen.**

In the house on the south-end of the „Inseli“ or islet, Heinrich v. Kleist, has written in 1802 his „Der zerbrochene Krug“ (the broken pitcher). Just opposite, on the other side of the Aare, in the last house on the right side of the road to Ober-hofen, Brahms

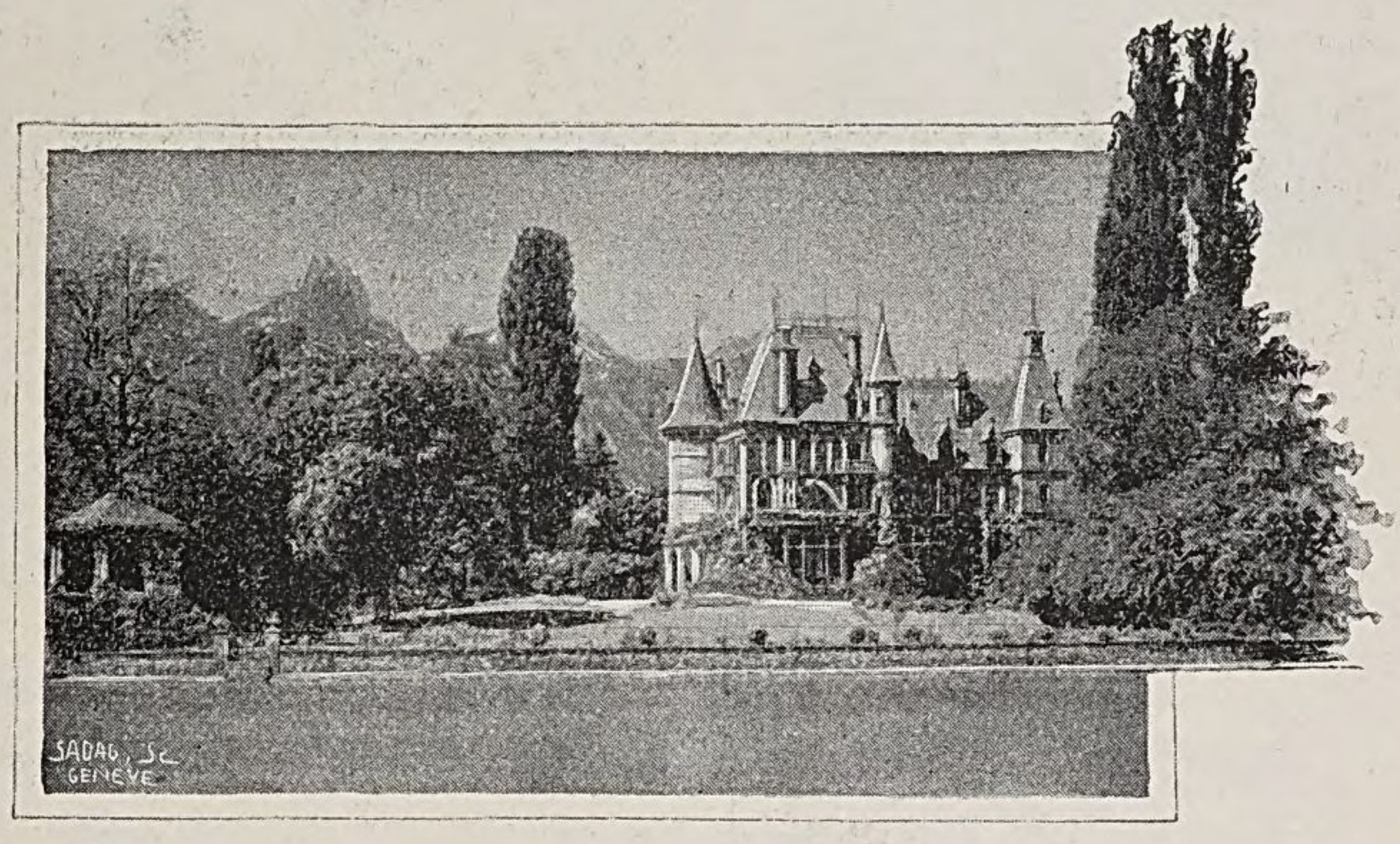


Church of Scherzligen

lived during the summer-seasons from 1886 to 1888; here some of his finest music was composed, for instance his concerto for cello and violin, and his Thuner-Sonate for violin and piano (op. 100).

In a few minutes from the railway-station **Scherzliger-church** is reached (to-day used for the French-Protestant service). It is one of the oldest churches in Switzerland (in the 10th century chapel of ease to Einigen), together with Bälliz belonging to the bishopric of Lausanne before the Reformation, and in 1536 it was united with Thun. It contains two handsome stained-glass windows, dating from 1570. Close to the

church, at the outlet of the lake, lies one of the prettiest châteaux of our time imaginable, the **Schadau,** property of Mr. de Rougemont-de Constant-Rebecque. It is built in Anglo-Gothic style and surrounded by a beautiful park with an unrivalled view of the lake and Alps. By kind permission of the proprietor the park is open to the public on Sundays.



Schadau-Castle

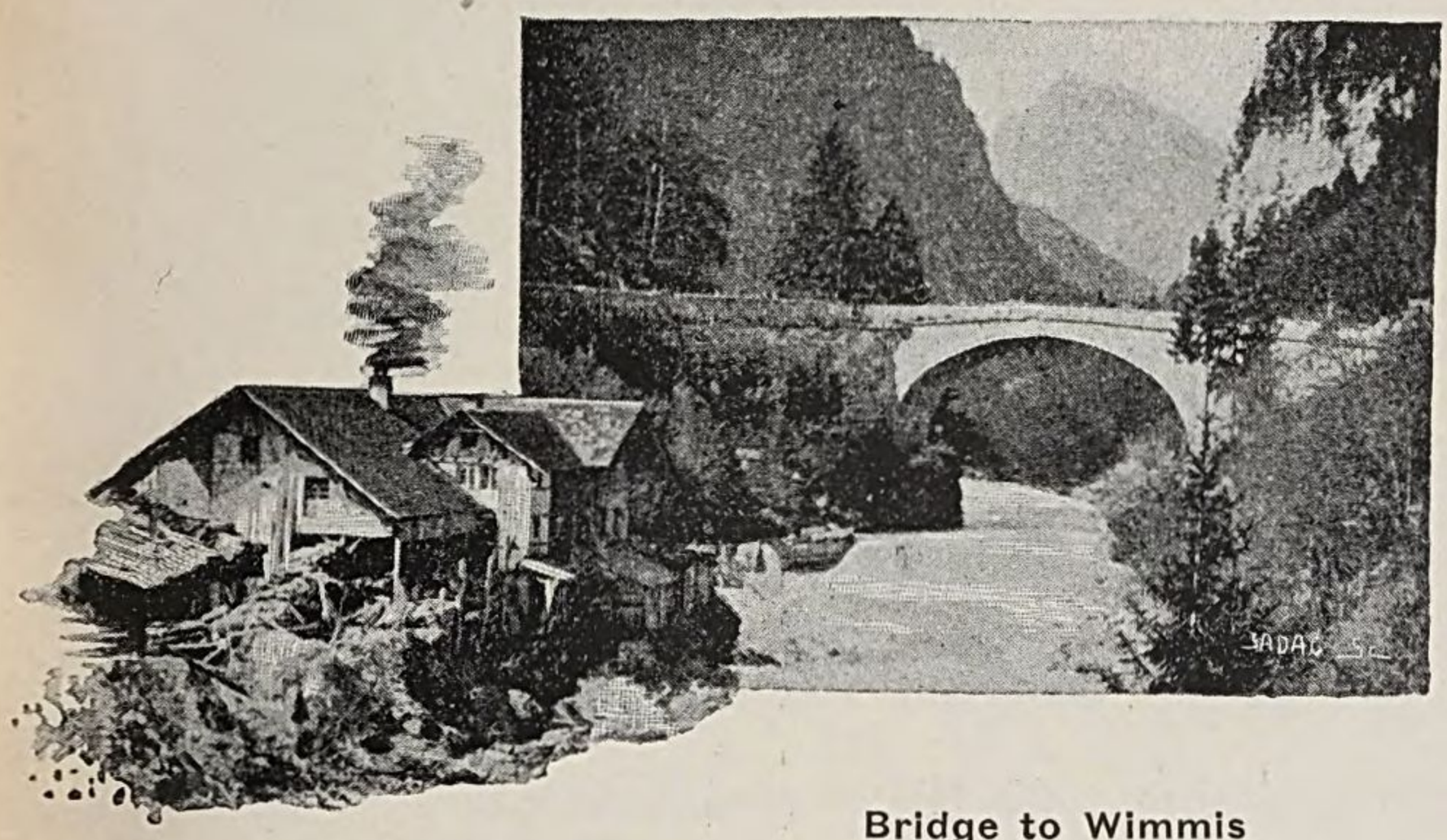


Standing Artillery on the Common

Excursions of half-a-day in the West and North of Thun.

Straight across the Allmend we reach **Thierachern and the Egg** (inn with balconies, from which one has a good view of lake and mountains). From here one of the finest mountain-panoramas was drawn by B. Studer (see publications of the Swiss Alpine Club). The way back is taken to the south along the hills and the walls, protecting the road from the missiles of the artillery, to **Steghalden** and by the Länggasse to Thun. If from Steghalden one ascends the hill, the village of **Amsoldingen** is soon reached (see above under „Historical notes“).

Another nice excursion is by Thierachern to the **Baths of Blumenstein** and to the picturesque falls of the **Fallbach,** dashing down the steep sides of the Stockhorn-chain behind the church (interesting choir and stained-glass windows of high value). North of



Bridge to Wimmis

Blumenstein lies the valley of the Gürbe and **Burgistein-Castle,** to the south the remote but idyllic valley of Stocken. As a magnificent **drive** of 3 1/2 hours we recommend the route Thierachern, Blumenstein, by the **Stockenthal** and Brodhäusi (near Wimmis) on to the Simmenthal-road and so back to Thun (32 km).

A pretty trip for good walkers is from Blumenstein across the Blumenstein-Allmend and Alp Nünenen (guide, if only a boy, not quite indispensable) to the foot of the Gantrisch and to the Baths of Schwefel-

berg (1364 m) with gypsiferous springs, from where a series of enjoyable excursions can be made to the Gurnigel, Seelibühl etc.

Starting from the Bernthor and following the high-road to Berne to the north of the town, one soon reaches **Heimberg**, the home of the majolica ware.



Majolica Ware from Heimberg

In 1899 this village will be in communication with Thun by the electric railway Thun-Burgdorf, and visitors will by this line be able to reach Lucerne, joining the Berne-Lucerne line at Konolfingen.

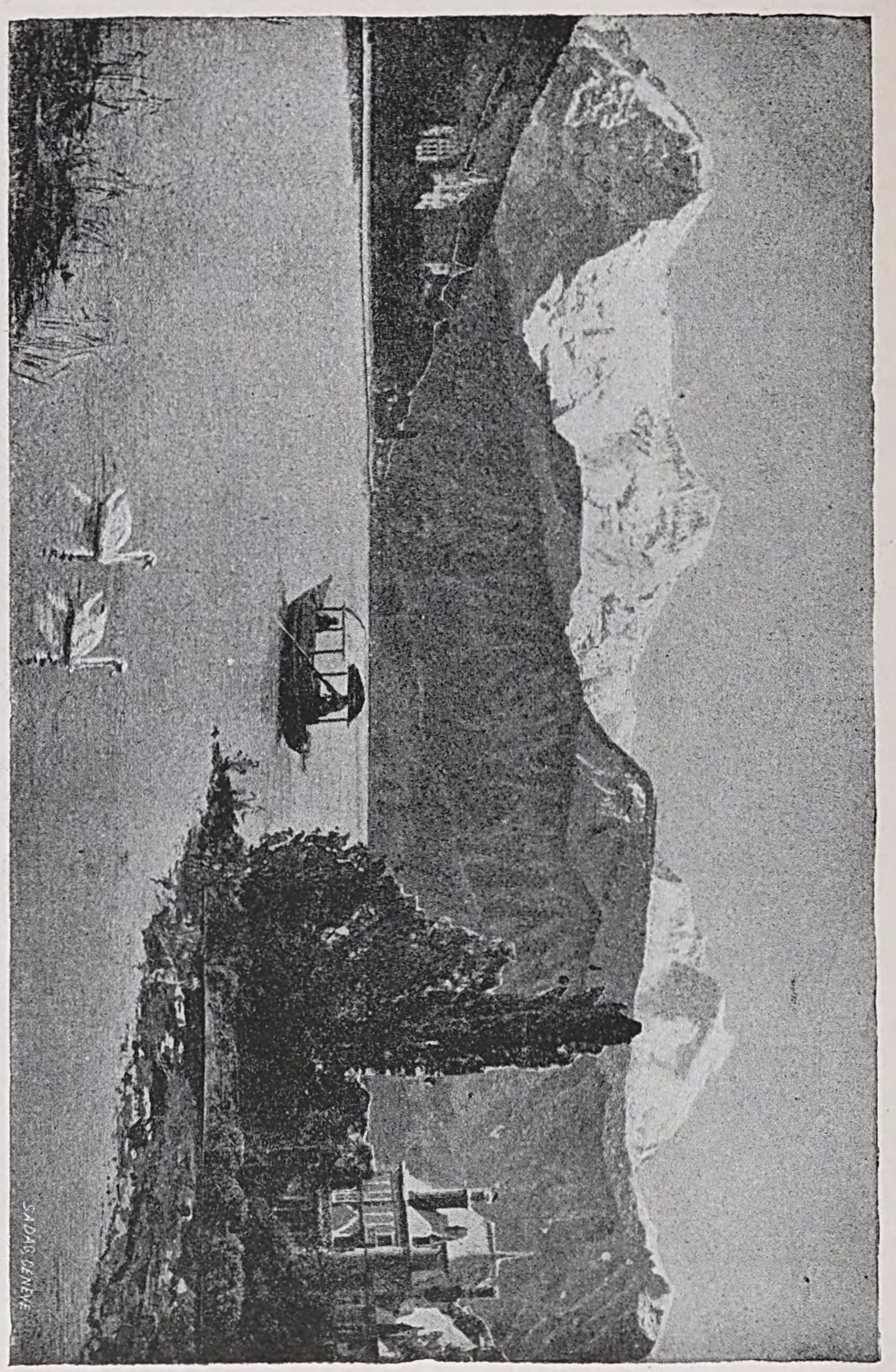
The road to the right of the Bernthor leads to Glockenthal, which takes its name from the bell (Armensünderglöcklein), rung here during executions on the provincial court-day in the Middle-Ages. This hamlet (with its brick-kiln), as well as the neighbouring **Steffisburg** are wellknown places of industry. 20 minutes from here lie the **Baths of Schnittweyer** (ferruginous springs, charming and sheltered position in the heart

of the pine-woods). On the left the **Hartlisberg** offers a magnificent view of the valley, the lake and the mountains.

We should not forget to mention a walk over **Lauenen** and **Brändlisberg** to **Schwandenbad** and to Steffisburg, or passing behind the kiln at Glockenthal, back to Thun. Pretty paths and seats in the woods.

A whole day

is necessary for an excursion to the **Falkenfluh,** 1040 m above the sea. It can be reached either by Schnittweyer and Bleiken or else from Kiesen (station on the Berne-Thun-line) and Diesbach. The view is splendid, both towards the Alps and down the whole valley of the Aare to Berne and across to the Jura away in the distance. (Good restaurant during the summer season). To **Gerzensee** and the **Belpberg.** Starting-point for the first, a picturesque village on the borders of the lake of the same name and lying at the southern end of the Belpberg, is the station of **Wichtrach,** from where the road takes us across the river Aare and past the well known baths and restaurant of **Thalgut.** The most convenient ascent of the Belpberg is from **Münsingen,** also a station on the Berne-Thun-line. The views from both Gerzensee and Belpberg are incomparable.



Eiger, Mönch and Jungfrau from the Bächimatt near Thun

SADAG GENEVE

Half-day and whole-day excursions to the south of Thun.

Both the west and east borders of the Lake of Thun afford a great variety of charming walks even for average pedestrians. Aided by the excellent Swiss maps (in single copies, of the Siegfried Atlas, which may be obtained for 1 franc at any bookseller's), our visitors will without any trouble find the different points of view mentioned below. Besides this, at most places, where footpaths or roads cross, signposts or other marks indicate the way.

East side of the lake. Through the Lauenen by the Goldiwyl-road to where the roads divide (to the left to **Goldiwyl,** with two new restaurants) to the right, over mountain pastures by a good path up to the first summit above the lake: the **Haltenegg** (1041 m), one of the finest points of view in the lower Alps. The best time for a visit to this charming spot is early in the morning or late in the afternoon. Hilterfingen and Hünibach can be reached from here by direct, but steep foot-paths through the wood. Keeping along the height of the hill we soon strike into the newly-constructed mail-road to **Schwendi,** the sanitary station for consumptive patients (daily communication by coach with Thun). From here we can recommend either a

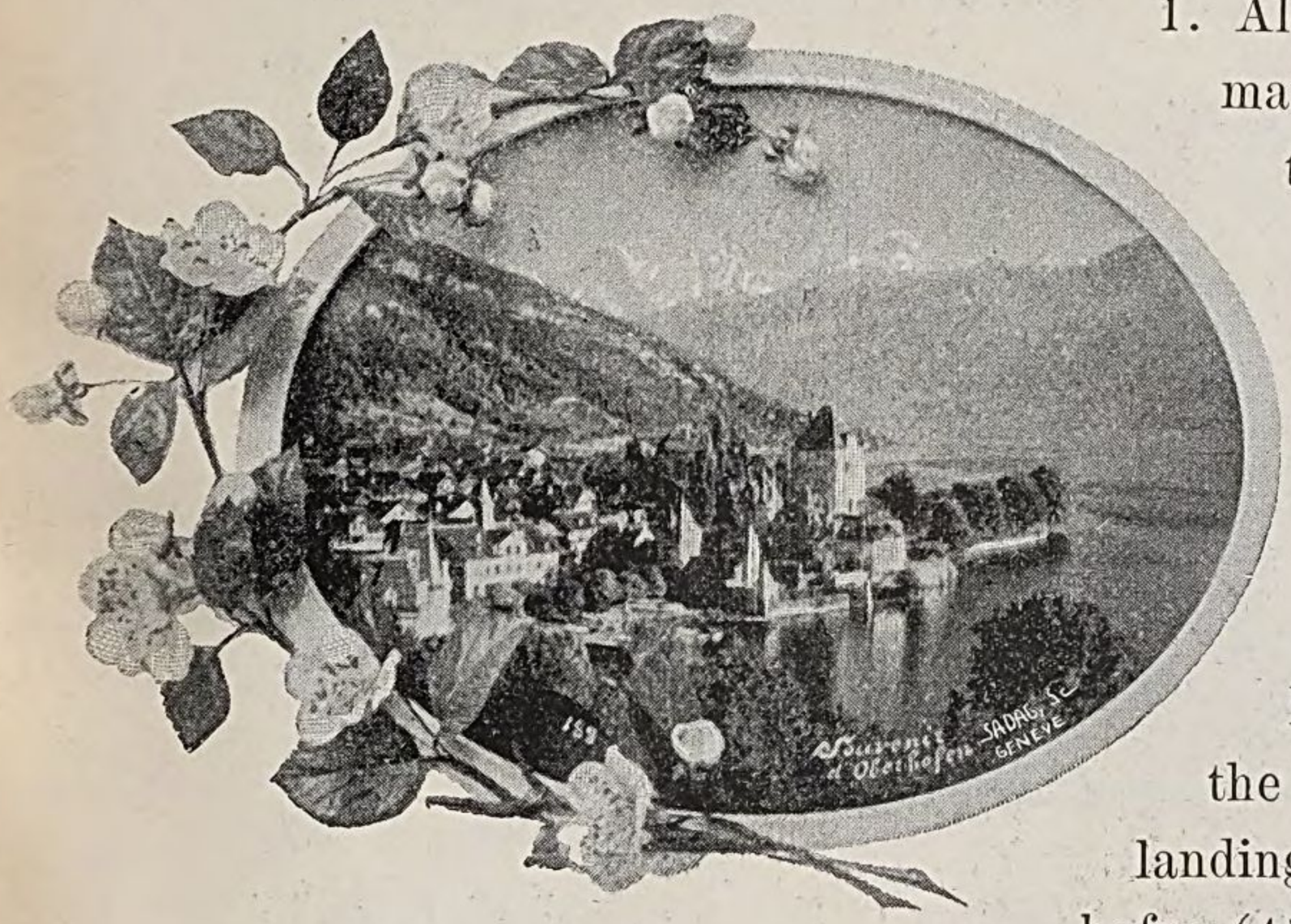
walk to Sigriswyl, or down to Oberhofen and Gunten, both equally charming.

On the lake: Walks and drives along, or rows on the lake (about 5 hours in length) are some of the most enjoyable recreations for visitors to Switzerland. For morning walks we should recommend the east side, leaving the west for the afternoon.

We would especially call attention to **drives** round the lake, which can easily be done in one day, stopping for several hours. The difference in price, when compared with railway — or steamboat fares, is slight, i. e. if several persons share expenses. It is best to fix the start according to the meridian, i. e. so that the opposite side of the lake lies in the sunshine, so drive on the right side in the morning and return by the left.

Right side of the lake.

Oberhofen can be reached by several ways, all starting from the **Kursaal:**



Oberhofen

1. Along the Bächimatt and the lake to the first villa, then by the highroad along the lake past Eichbühl, Hünegg and Hilterfingen to the village and landing-stage of Oberhofen (45 min. on foot, 10 min. by boat from Scherzligen).

2. From the Bächimatt behind the Bächihölzli (Chartreuse) to the Ried, across the Hünibach (entrance to the Kohleren-Gorge) along the side of the mountain; then passing *behind* Eichbühl and Hünegg to Hilterfingen, past the church on to the **Schneckenbühl** and down to Oberhofen.

The **Chartreuse** is also remarkable for its history. The family von Zedwitz is having a mighty castle erected in baroque style, at the back of the old

Chartreuse, overlooking the whole expanse of the lake. The old building was once the seat of the knights of Strättlingen (whose family-castle lies opposite on the western borders of the lake). Sir Henry of Strättlingen is supposed to have composed his love-songs in the Bächihölzli. From 1459 the old castle was a Carthusian monastery, until it came into the hands of Schultheiss (mayor of Bern) von Mühlinen. An inscription in rhyme on the Chartreuse, by von Wurstemberger, tells us of these changes.



Hünegg Castle

Further on lies **Hünegg**, an imposing structure in French Renaissance style, with a fine park containing a large collection of various pines. Its name is said to be taken from the giants' (Hünen) graves found between Hünegg and the Eichbühl (belonging to the von Bonstetten). The ancient **Castle of Oberhofen** is the property of the well-known painter and patron of the fine arts Count Harrach, and the pretty villa at its side is one of Count Simeon's country seats.

Gunten, the next landing-stage, is an hour's walk from Oberhofen. Here the view becomes more extensive.

Besides Jungfrau, Mönch and Eiger new peaks appear to the right. Doldenhorn, Balmhorn, Altels, Rinderhorn. The place can be plainly discerned, where in the summer of 1895 the greater part of the Altels-glacier broke away, burying the Spitalmatte on the Gemmi-Pass, together with huts, men and cattle. A similar ice-slip had already occurred in the same place at the end of last century. Half-way to Gunten, near the so-called „Heidenhaus“ (heathen house) a road branches off on the left to „Villa Schönörtli“ and to the hamlets of Aeschlen, Tschingel and Schwanden, from above which the prospect of lake and mountains is simply enchanting.

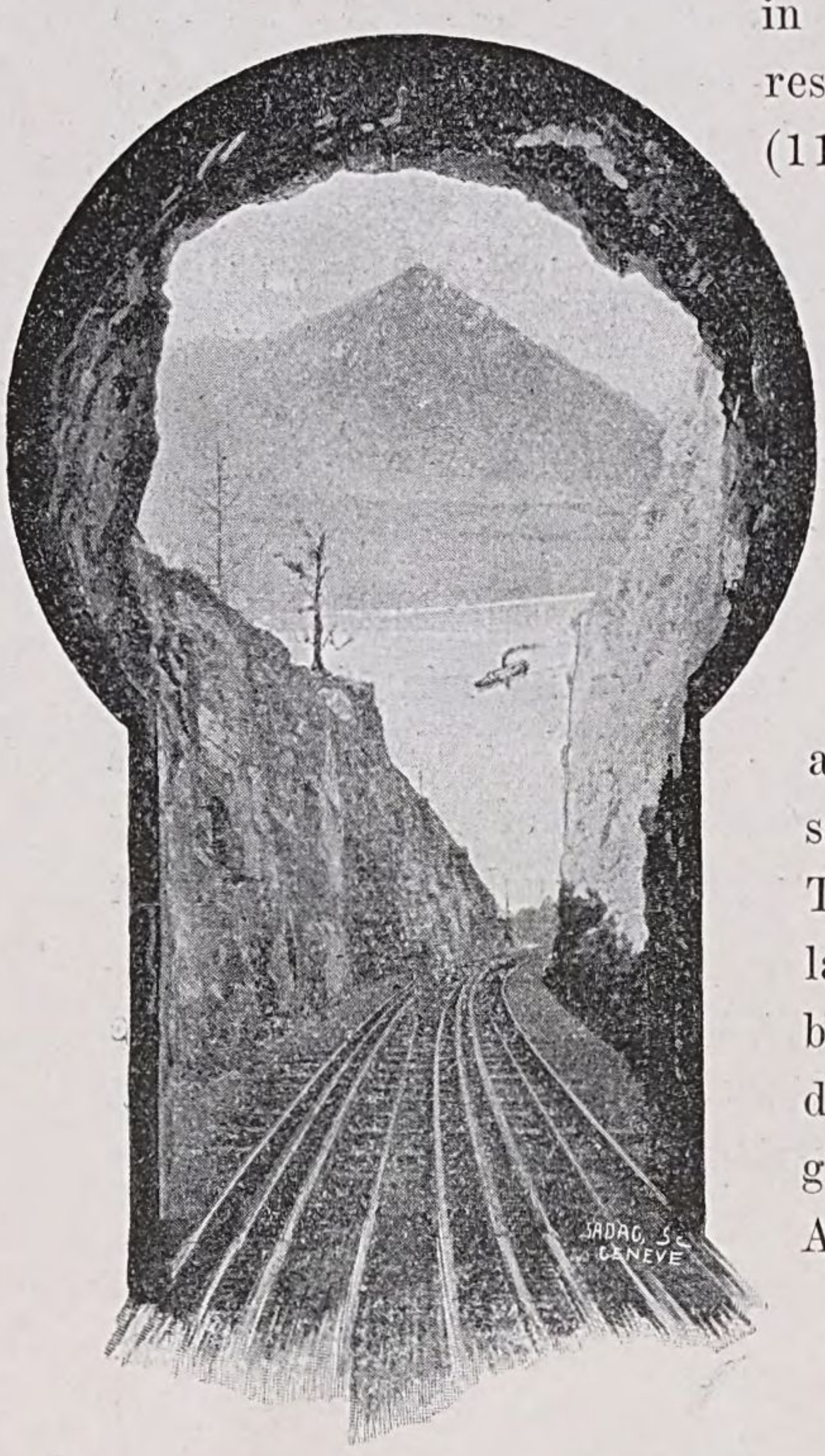
Behind **Schwanden** the mountain rises up to 1400 m. above sea to the **Blume,** the finest point of view in this neighbourhood. By the Schwanden road, or direct from Gunten (in $^1/_2$ hour) the mountain village and health-resort **Sigriswyl** is reached, from where the ascent of the Sigriswyler-Rothhorn is generally undertaken.

A visit to the Gunten-gorge 20 minutes distance is also to be recommended. From Oberhofen to Merligen the beauty and picturesqueness of the scenery is considerably enhanced by the vineyards, and the quaint old Oberland chalets.

From Gunten the road runs for an hour quite along the lake past the castle of Ralligen (now a girls' school for learning housekeeping) to **Merligen** and the **Beatenbucht.**

The whole north side of the lake has a very mild climate, similar to that at the south foot of the Righi, as it is sheltered by the mountains rising high above it, which attain their greatest height in the Sigriswyler-Grat.

From Merligen, with Hotel Beatus (laurel trees growing in the open) several pathways, one easy and two steeper ones for climbers, called „Haberlegi“ and „Bärenpfad“ ascend to the left up the mountain side, in 2 hours to the health-resort of **St. Beatenberg** (1138 m above sea) which however can be reached with much more convenience from the „Beatenbucht“ landing-stage, (20 minutes walk from Merligen) by the rope-railway, (length 1900 metres, average gradient 33 % safe and quiet working). The tourist feels as if the lake were falling away behind him into the depths below, whilst the glorious amphitheatre of Alps rises higher and



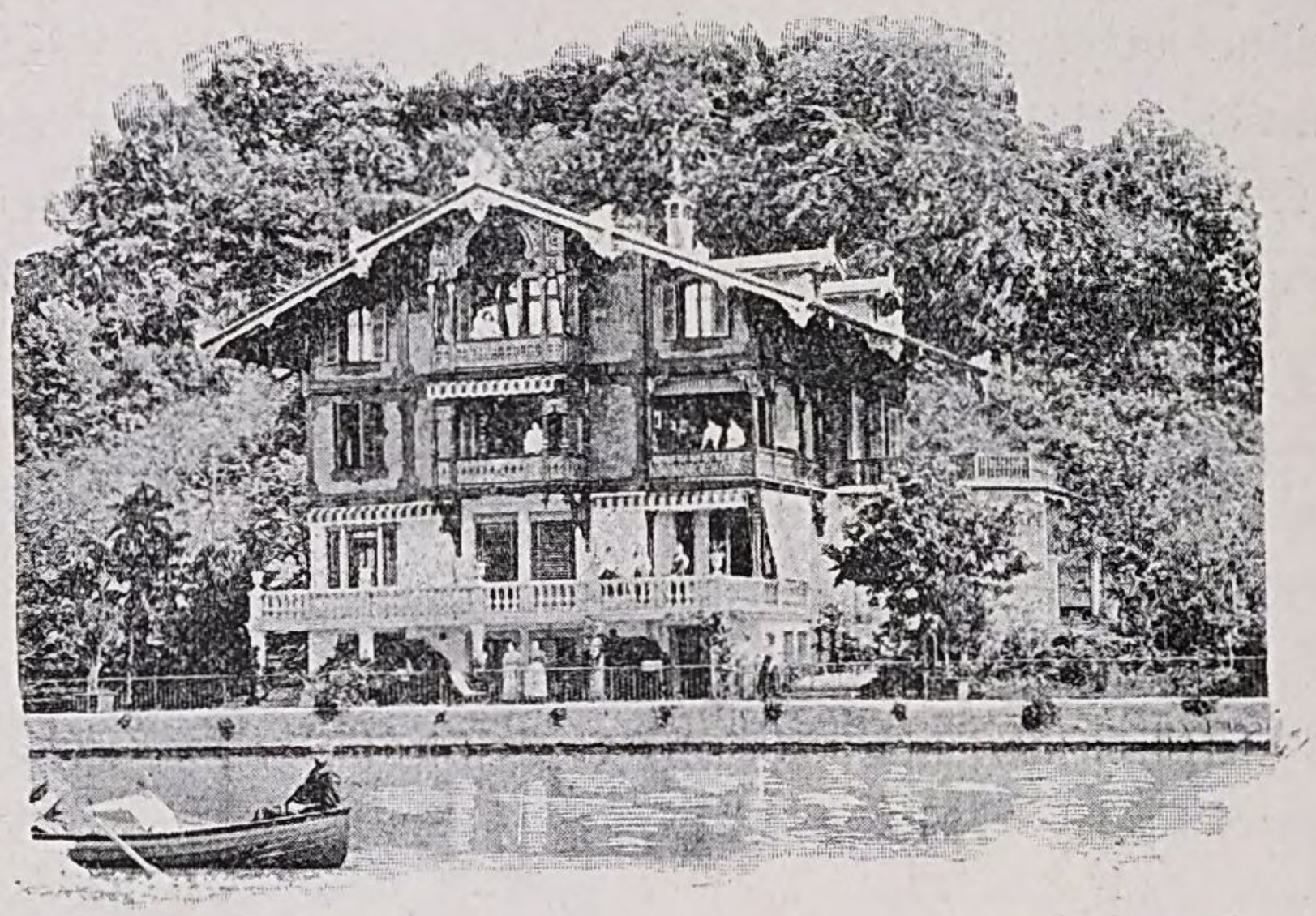
the rope-railway from the Lake of Thun to St. Beatenberg

higher before him. In the tunnel we are fascinated by the pyramid of the Niesen forming the background to the lovely silhouette set as in a frame by the rocks of the tunnel. The railway abuts near the Kurhaus.

Beatenberg is celebrated for the unsurpassed beauty of its prospect of the Alps, seen to the best advantage on the road extending for about an hour along the mountain-side and uniting the line of magnificent hotels. A walk along this road through fine forests and past **Amisbühl,** takes us in $2^1/_2$ hours to Unterseen and Interlaken. This would be an easy afternoon's excursion from Thun.

From the Beatenbucht the road continues along the lake, but now high above it, through galleries blasted in the rocks, similar to the Axenstrasse in construction, but surpassing it by far in scenery, to Sundlauenen (foot-path to Beatenberg), Unterseen and Interlaken. Half-way between Beatenbucht and Sundlauenen lies, on the left, the **Beatushöhle** (cave of St. Beatus) which, according to tradition, was the dwelling of an Irish apostle and a frequented shrine till the Reformation. Pretty waterfalls. On the right, below the road on the lake, lies the idyllic château of Leerau.

For information on **Interlaken** and environs, which is reached by boat in 1 hour from Thun, we refer to the special guide to Interlaken.



Chalet in the Style of the Bernese Oberland
on the Lake of Thun
(French School for young Ladies at Gunten)

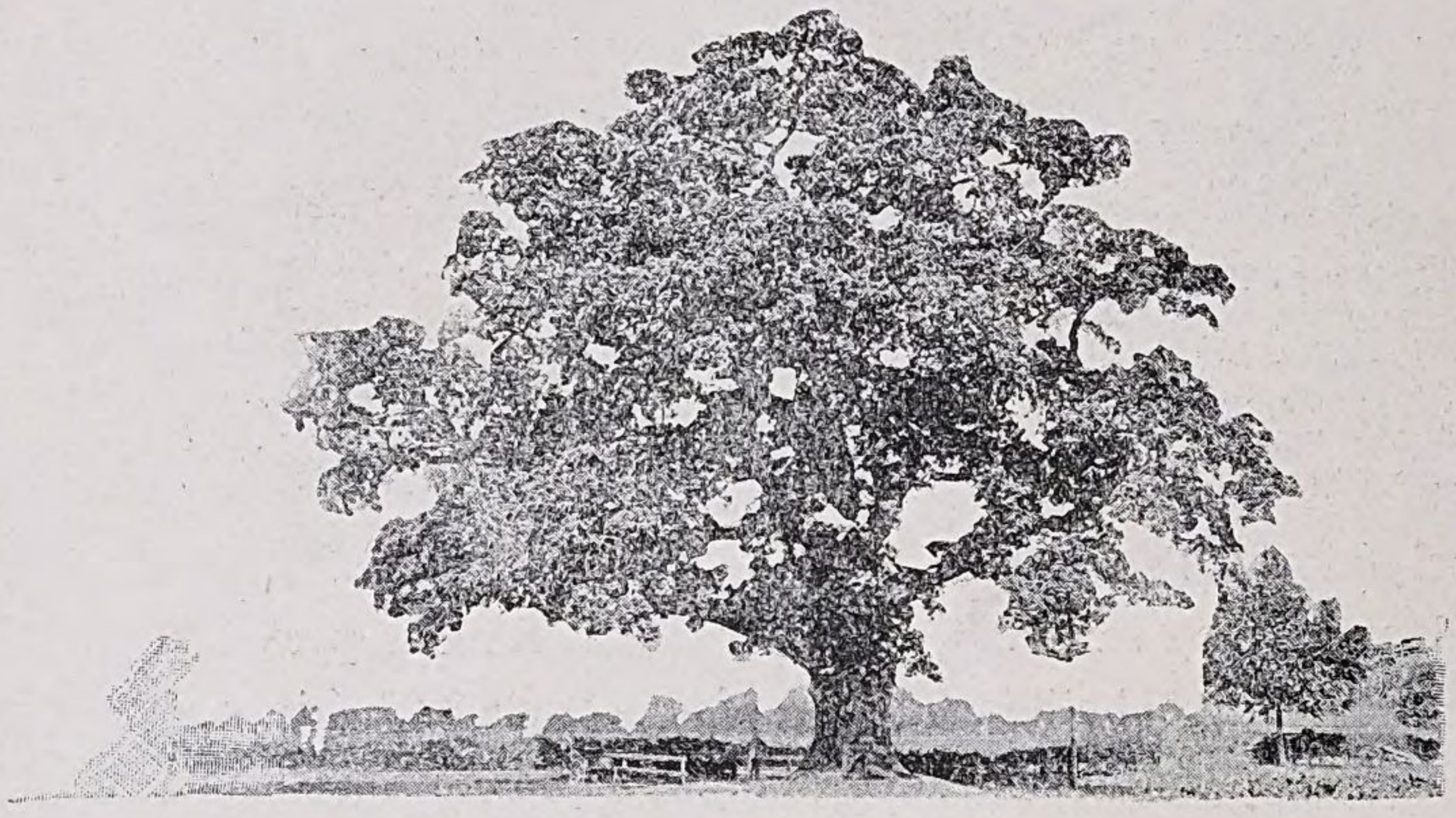
West side of the Lake.

The whole region, lying before the Niesen and the Stockhorn-chain, is of the highest interest, both as a uniform landscape of moraines, and by its history. Thun itself was undoubtedly occupied by the Romans, (proofs whereof are coins of Cæsar's time found near the northern town-wall, Roman walls, as well as earthern vases discovered while sinking a well behind the castle) and it was built and fortified like a town; but the earliest citadels and colonies of the Romans (according to Jahn, „the Canton of Berne" German edition, Zürich 1870) lay on the west side of the valley, so that

it has given rise to the supposition that the medieval castles of Burgistein, Amsoldingen, Strättlingen, the Bürgli at the back, Spiez, Faulensee, Leissigen and Weissenau correspond with a line of Roman citadels erected for the defence of the conquered lowlands, which were flourishing under Roman-Helvetian industry, against invasions from the Alps. This supposition is strengthened further by Roman remains found in these regions.

By the road, which passes the Campagne Klose (with an inscription by Victor Scheffel, who for several years lived as guest in this, the house of one of his best friends), and the Pension Itten, one reaches (in 45 min.) the village of **Allmendingen** on the Lindenhubel (moraine). There, a little to the north of the road and near to the inn, the remains of Roman places of worship, five buildings, were found in 1825 (since deposited in the Museum at Thun). Copies to be seen in the „Schweizerischer Geschichtsforscher“ vol. VIII, in the town-library of Thun and in the Museum. In **Amsoldingen,** a village half an hour further west, lying on the borders of the pretty little lake of the same name, in 1876 three Roman tomb-stones were found walled up in a crypt beneath the chancel of the church. These also are now in the Museum at Thun. The Latin inscriptions show them to be those of two Roman goldsmiths from Lydia and of a young Roman-Helvetian girl, to whom the bereaved husband erected this tomb. — In 933 Queen Bertha of Burgundy, in

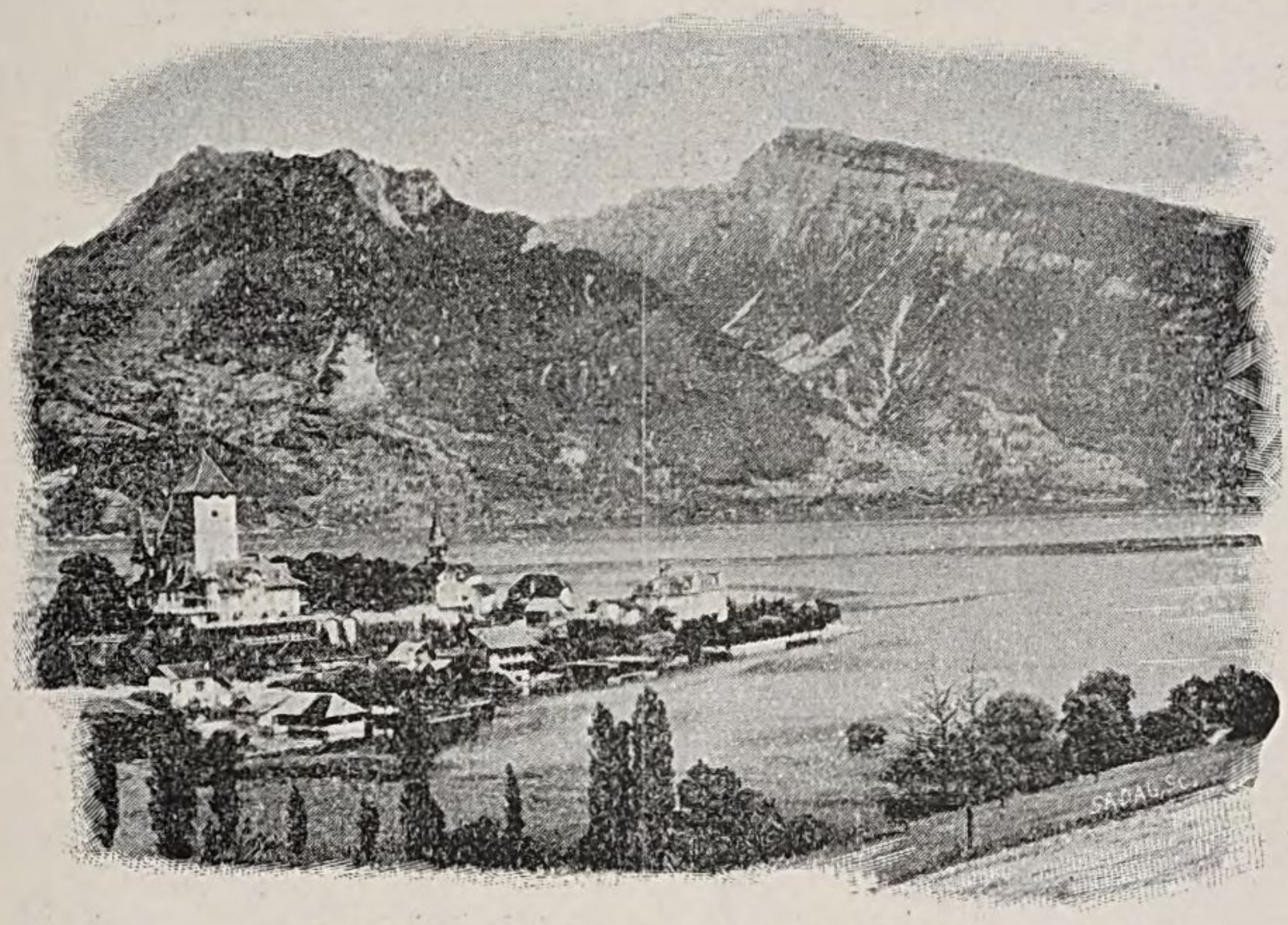
honour of St. Mauritius, erected a priory of Augustinian canons, over whom was placed as abbot, before 1322, Eberhard of Kyburg, whose name is remembered for his fratricide. The principal road to-day from Kandersteg and Simmenthal leads southwards, parallel with



Beggar's Oak at Gwatt

that of Allmendingen, past an ancient oak tree (Beggar's oak) to **Gwatt,** a station on the Lake of Thun-line. On the so-called „Gwattstutz" (stutz = hill) below the **Tower of Strättligen** (with charming view of the Alps) the road branches off to Einigen and Spiez. **Einigen** (1/2 hour from Gwatt) has the oldest church in the Oberland. Formerly this part of the country was called „zur Goldenen Lust" (golden joy) and later on „Im Paradies".

The chancel of the church especially is exceedingly old, and is built in the semi-circular form of the most ancient churches. This part is one of the most lovely (particularly when the cherry-trees are in blossom) on the lake of Thun. A little to the south of Einigen



Spiez and the Mountains of Sigriswyl

the waters of the Kander will, (in 1899) by a cutting in the hill-range, be utilised for the generation of electric power. Beyond Einigen the road ascends to Spiezwyler and

Spiez, $^3/_4$ hour's distance by boat, and 2 hours on foot via Gwatt and Einigen. Magnificent prospect from the railway-station at Spiez. Here the line to Erlenbach branches off. On the left side of the bay lies the ancient castle of Spiez, formerly the property

of the defender of Morat, (1476) Adrian von Bubenberg, afterwards belonging to the family „von Erlach“.

On the height between Spiez and Faulensee we find the „Glummenhaus“, a former chapel of an Irish apostle, St. Columban, of which however only some ruined walls with traces of an arch at the entrance are left. — Splendid walks from Spiez to **Aeschi** and the **Aeschiallmend** (a picnic resort for Thun people), with a fine view of the lakes of Thun and Brienz, the Bödeli, and away to the Jura-range. A favorite walk leads along the height to the **baths of Faulensee,** hiding in the extensive wooded park. — From Spiez (omnibus at the station) one hour's walk takes us to the celebrated **baths of Heustrich,** at the foot of the Niesen.

Road and railway pass above **Faulensee** (no station), situated in a lovely bay, to **Leissigen** and **Därligen,** health-resorts in splendid position on the lake, at the foot of the Morgenberghorn.

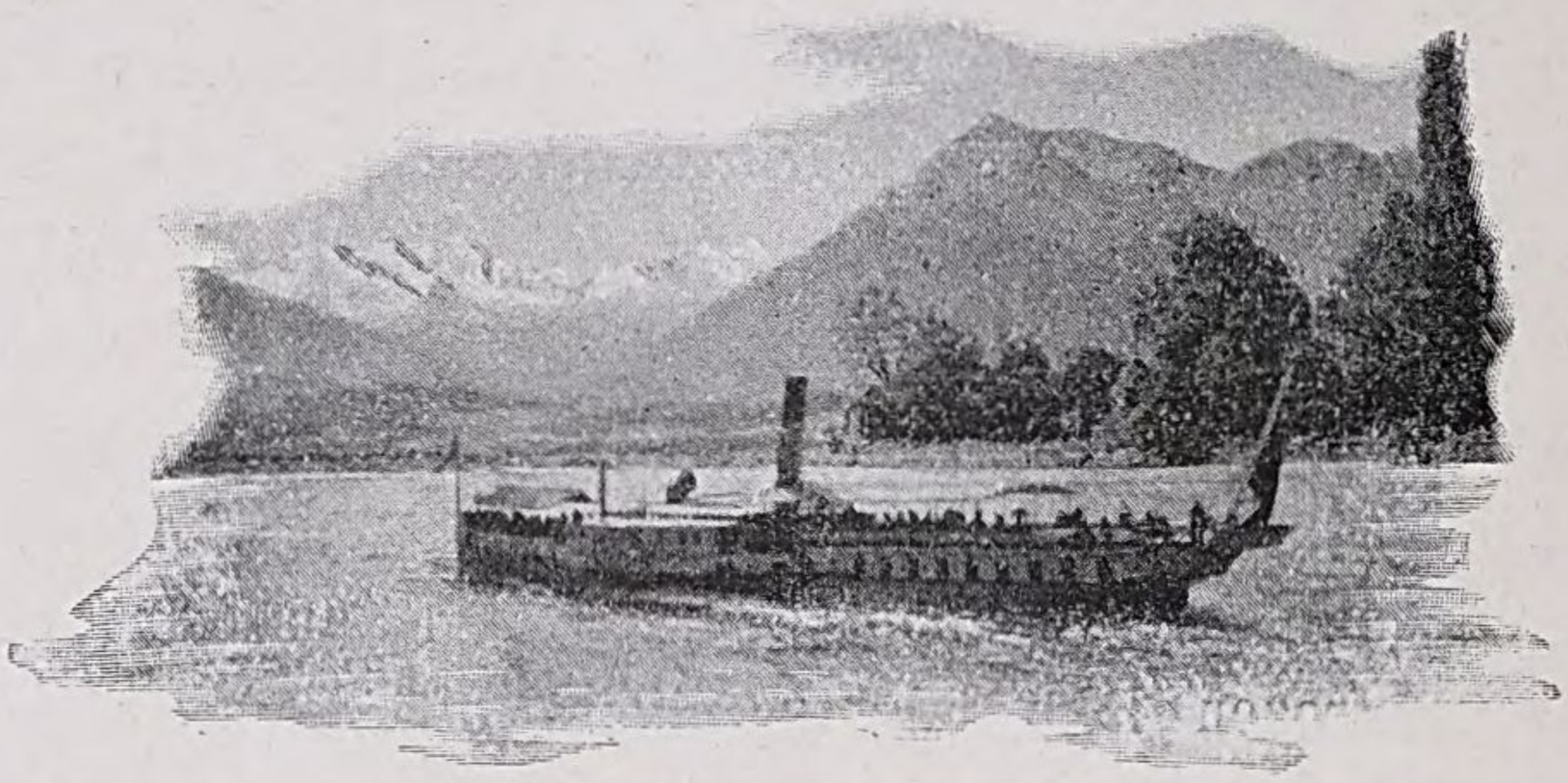
Other excursions (1—2 days) and trips into the High-Alps.

From Sigriswyl on to the **Sigriswyler Rothhorn** (2053 m.) and to the **Schafloch.** The best way is to go to Sigriswyl in the afternoon, stay the night there or in a chalet at Hubel or Alpiglen, and start early next morning, so as to reach the summit before sunrise (in about 3 hours). Surprisingly beautiful, extensive view. Then descend to the hut, called „Oberbergli“ and from there down steep pathways along the Sigriswyler Grat (ridge of Sigriswyl) high above the Justus-Thal (Justus-Valley) in 1 hour to the **Schafloch,** a magnificent ice cave about a mile long. In front of the ever-frozen lake mighty pillars of ice seem to support the vault above. Wonderful echo. The direct descent to the Justus-Thal is very steep; much easier and more enjoyable because of the grand views ever before us is the path leading by Mittelberg, Wyler and Endorf to Gunten. On the other side of the Justus-Thal opposite the Sigriswyler Rothhorn, rise the summits of the **Niederhorn** and **Gemmenalphorn.**

As Thun is in such excellent communication with Interlaken, which can be reached in 1 hour, both by boat and by train, our visitors are now easily enabled to make a series of very enjoyable excursions to the Lake of Brienz, Schynige Platte,

Grindelwald, Lauterbrunnen, Mürren, Brienzer Rothhorn, Meiringen (Gorge of the Aare) in a single day, there and back to Thun. For further particulars we beg to refer to the time-tables and the guide to Interlaken and environs.

Trips on the lake, either by steam or rowing boat, afford the greatest pleasure to visitors to Switzer-



Steamboat entering the Lake of Thun

land. Especially on a brilliant summer morning a trip on this lake reminds one of the Italian lakes and gains in advantage in comparison therewith. When the boat from Scherzligen slowly approaches the lake, our gaze is spell-bound by the beauty of the riverside; on the left the lofty trees of the Bächimatt, a hundred years old; on the right the church tower of Scherzligen, peeping out from the luxuriant verdure around it, the incomparable group of towering birch- and giant chestnut-trees, especially near the charming Castle

of Schadau. All at once, on entering the lake, the scenery completely changes. Far away to the foot of the mountains stretches the broad expanse of the lake, the giants of eternal ice and snow towering high above it. In early morning the silver glaciers and snowfields show through the wonderful, but indescribable halo hovering over lake and mountains; in the evening, when the sun has disappeared behind the Niesen and Stockhorn, the whole chain of the High-Alps is steeped in the rosiest hues, making us long to wait where the Aare leaves the lake, and watch the light and colour gradually fade away from the peaks, leaving them enshrouded in the weird shadows of the coming night. — The direct passages of the summer boats are especially agreeable, reaching Interlaken in 1 hour; as they keep to the middle of the lake, without stopping anywhere, one has a grand opportunity of enjoying the ever-changing scenery, undisturbed by the shouts of command or the bustle and noise of the landing-stages. But to complete and to assure a thorough appreciation of the lake and its beauties, nothing surpasses a pleasant row in one of the pretty little boats. For, gliding along softly over the cool waters, lovely and ever-changing scenes pass slowly before our eyes, and we have now time to take them in, not being hurried on by the perpetual beat of the engine. — A passage on one of the usual boats, crossing from one side of the lake to the other, may however also be recommended, as

affording the best opportunity for visiting the different villages around the lake and for taking in the scenery from different points of view, which sometimes brings surprising changes. How different, for instance, is the appearance of the Stockhorn from Därligen to that at Oberhofen.



Scherzligweg-Promenade
at Thun

In autumn, on sunny September days, the air is much clearer, and therefore the view is almost more beautiful than in summer. Then our gaze sweeps from the sparkling waters of the lake to the woods, clad in their many-coloured autumnal garb; then up to the green mountain-pastures, dotted here and there with the pretty little chalets, and up above them to the dazzling ice-bound guardians of the Oberland. When in winter the snow lies deep down in the valley, our

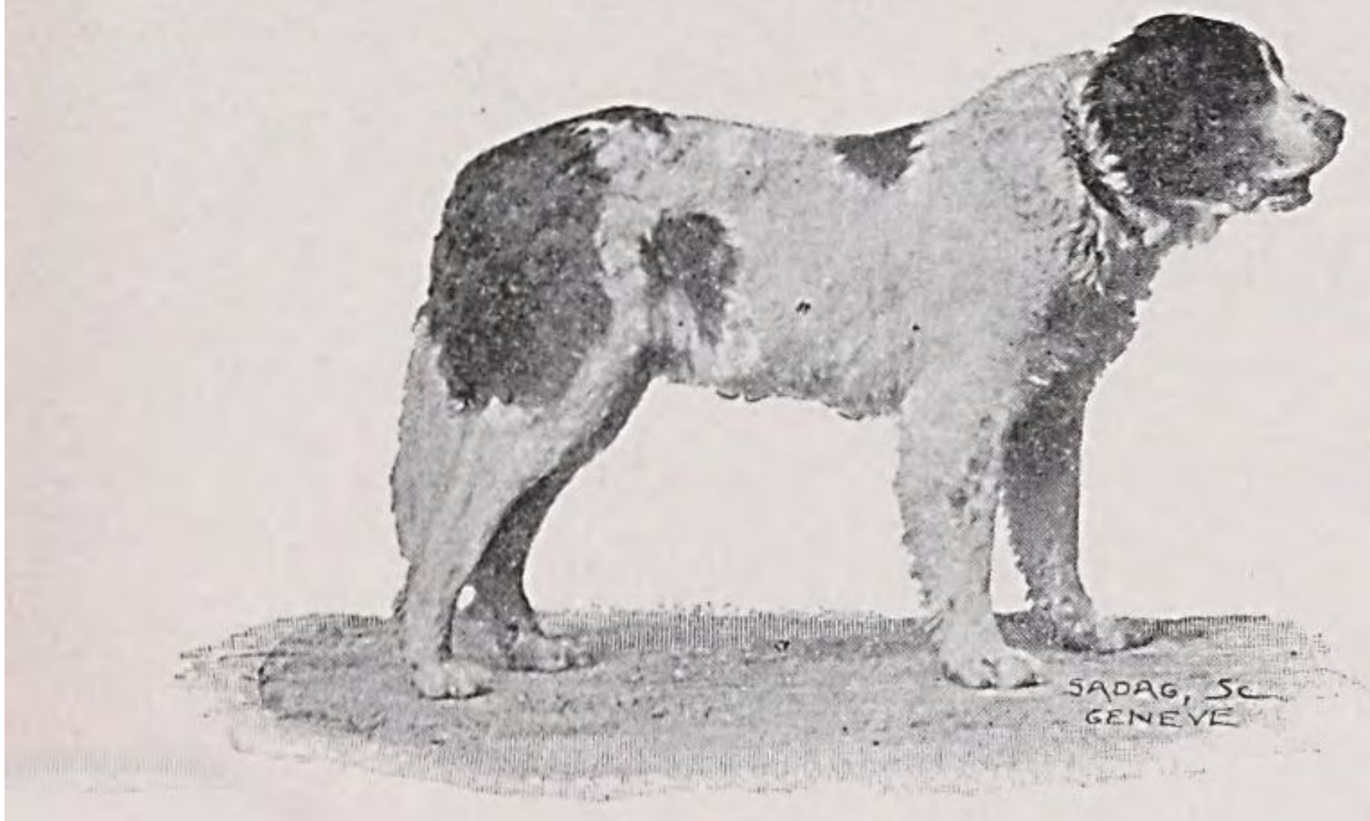
eye is hardly able to bear its brilliancy and glistening whiteness. Then it is that we are visited by our northern guests, the snow-white gulls, hovering over the lake and fighting for the food thrown to them from the boats.

Winter has scarcely retreated, when the shores begin to grow green and shine forth in all the splendour of the coming spring, showering down an abundance of fragrant blossoms on all sides. It is difficult to say, in which season the lake and its shores are the prettiest; in every season the stranger, as well as the native, will always think this one of the most charming countries imaginable.

On the left side of the lake the **Morgenberghorn** (2251 m.) is a good point for a mountain trip. From Leissigen ascend direct to the Brunni-Alp-hut, where the night can be passed; or early in the morning from Spiez by Aeschi and the Aeschi-Allmend to the splendid Bächlen-cascade, past the chalets of Lauenen (2 hours) and the Schlierenalp to the lower Latreienalp, and then to the left over the Renggialp to the pass of the Renggli, called „Tanzbödeli“. From here leave the path and ascend carefully on the steep ridge to the summit in 5—5 1/2 hours from Aeschi. A shorter way from Aeschiried across the Allmend, and the Gräbern- and Brunnialp takes about 4 hours. Except a short climb in the „Chemi“ (a small chimney in the rock) this route is neither difficult nor dangerous and the view is magnificent. Then descend to the Renggli-pass

and through the valley of Saxeten from pasture to pasture (in 5 hours) to Interlaken. An easier ascent is that on to the Rothenegg, above the Renggli, which, although 350 metres lower than the Morgenberghorn, is no less beautiful; 4 1/2 hours to the pass; foot of Rothenegg, 2 hours. Ascent and descent to foot of peak, with rest at the top, 2 1/2 hours. Descent to Interlaken. Total 12 hours.

The **Niesen,** the Righi of the Bernese Oberland, 2366 m. Ascent in about 5 hours from Wimmis or Heustrich, the former to be recommended in the early morning. Bridle-path to the excellent hotel at the top. The mountain forming a pyramid, the valleys lie like a wonderful relief-map spread out before the tourist; one seems almost to be in a balloon. The view of the High-Alps is much grander than from the Righi, especially imposing is the broad group of the Blümlisalp and the wide amphitheatre of mountain peaks from the Titlis in the east to the Mont Blanc in the far west. The Niesen is especially recommended for the view of the sunrise and sunset on the Alps.



St. Bernard-dog
ised in a Breeding-kennel at Thun

As the ascent of the Niesen is in no way dangerous, not even for people liable to giddiness, but leads up gradually to the top, it may easily be undertaken by timid visitors, as well as children.

For rest and refreshments there are huts at the Bergli, at Unter- and Oberstalden. On the descent to the baths of Heustrich ever-changing scenery lies before us. We would recommend doing the Niesen in 1 1/2 days, so as to see the sunset, rest and stay the night at the hotel, then enjoy the sunrise and descend leisurely next day.

The **Stockhorn** is sometimes, by adventurous mountaineers, already ascended in spring. The inhabitants of Thun generally go the following way: 1) In the evening via Amsoldingen to Oberstocken, and through the wood (with lanterns) to the Aelpithal-Alp in about 2 hours. There modest quarters for the night may be had. Starting 2 hours before daybreak one reaches the „Sträussli“, and ascending round the „Horn“, i. e. the topmost conical-shaped peak, the summit is gained. 2) The second route, however, by **Blumenstein** is more to be recommended. Starting thence in the evening with a guide, Walalp on the northern slope of the Stockhorn is gained in 3 hours by Spitalweid, Alpetli and Krümmelwegen. From here in 1 hour the summit is reached via the Sträussli. 3) From Reutigen (with guide; 5—6 francs) via Günzenenalp to the Obere Nacki, up the „Kehlen“ by Lasenberg, along the foot of the Solhorn over the steep „Schneide“ or ridge, and by the Stockenfeld to the southern slope of the summit. 6 hours.

Route 4 is more to be recommended. To **Erlenbach** (railway from Spiez). In the early morning over

the Klusi-Allmend and the steep Krinni to the inner lake of Stocken, then the same as route 3, (by the ridge and the Stockenfeld) to the top. 4 hours. Imposing view of the Aare-valley, the lakes of Thun and Brienz, the chain of the Alps, and the country away to the Jura-range, with the lakes of Neuchâtel, Bienne and Morat. Descent to Stocken, Blumenstein, Reutigen or Erlenbach. Another very interesting way, in its later part, takes one by **ladders** to the baths of Weissenburg in the valley of the Simmen (diligence to Erlenbach).



Bernese Costume

The valley of the Kander. By Gwatt, Hondrich past Heustrich to Frutigen (23 km from Thun) or by Reichenbach to the **Kienthal.** At Frutigen (match-manufactory) the road branches off on the left past the Tellenburg to Kandergrund, with Balmhorn and Altels in the background; an hour further on lies Bunderbach and the

Blue Lake. In the heart of sombre fir wood lies this lovely little lake, somewhat off the road. The blue colour of the water is caused by the bed of grey clay at the bottom, which produces the

marvellous play of colours, for which the lake is celebrated, so that this trip (although taking two hours in all) is well worth making, especially if one combines it with a picnic. At the back of the lake the road mounts to **Kandersteg** (1169 m above sea), the entrance to the Gemmi-Pass and the valley of Gastern on the right; on the left to the **Lake of Oeschinen** (1595 m), overtowered by the menacing glaciers of Doldenhorn, Fründenhorn and Blümlisalp. A row over its still waters is recommended. Restaurant near the lake.

Kandersteg possesses a fine panorama. On the left the Birrenstock at the entrance to the valley of Oeschinen with Blümlisalp and Doldenhorn in the background, on the right the Fisistöcke with the Altels and Rinderhorn. Walk to the so-called **Klus**, the wild and romantic entrance to the valley of Gasteren along the Kander, thundering in numerous falls through the gorge. $1^1/_2$—2 hours. Guide not necessary.

Via Kandersteg a number of fine **ascents** (with guides) can be made. On the 1st day by carriage to Frutigen and Kandersteg. Thence on foot or on horseback on to the Gemmipass to the Schwarrenbach-hotel. 2d day: 3 a. m. ascent of the **Balmhorn** (3688 m, 7 hours), and in 3 hours back to Schwarrenbach.

Doldenhorn (3647 m), from Kandersteg by Alp Biberg in 8 hours, difficult ascent. **Fründenhorn** (3367 m), difficult.

The **Blümlisalp**, so well seen from Thun, has

3 principal peaks, to the west the highest, the **Blümlisalphorn,** in the middle the **Weisse Frau,** and to the east the lowest, the **Morgenhorn.** Before it lie the **Wilde Frau, Blümlisalpstock, Blümlisalp-Rothorn** and **Oeschinenhorn;** the highest 3670 m, the lowest (Blümlisalpstock) 3219 m.

Ascent: 1st day: to the Blümlisalp club-hut.
2d „ in 4—5 hours to the Wilde Frau.
„ 5—6 „ „ „ Weisse Frau.
„ 8—9 „ „ „ Blümlisalphorn. In the evening back to Kandersteg. For good walkers we recommend, instead of going as far as Frutigen and Kandersteg, to pass by Reichenbach and through the Kienthal, then to the left to Steinenberg and Bundalp, and from there to reach the Blümlisalp club-hut in 9 hours from Reichenbach.

The **Kienthal** is one of the highest and most interesting valleys of Switzerland. From Spiez Kienthal-Dörfli is reached by Aeschi, Mühlenen and Reichenbach (3 1/2 hours on foot, 2 hours by carriage). Comfortable quarters are to be found in the newly built hotels. The back-ground of the valley is formed by the Blümlisalp, rising up to numerous peaks from the green pastures at its feet. But this is not the only remarkable feature of the valley. For on the Tschingelalp, 2 hours behind the small village of Kien, there is an object of the greatest interest to all, a glacier-mill in full action. There the Pochtenbach, a mountain torrent,

falls into a huge opening, called the „Hexenkessel“ (witches cauldron), which the action of the water has excavated in the calcareous rocks (1 1/2 metres in width and 2 metres deep). Unceasingly the water whirls round in this excavation, which is undoubtedly in constant process of enlargement by the large stones rolling around the interior. The geologist Dr. Bachmann, who has given a description of this phenomenon, says, that nowhere else, whether in the gorge of the Tamina, nor in that of the Aare near Meiringen, has he seen a greater variety of active natural powers.

For **good climbers** there are a great many fine passages to be made from Kienthal to the valley of Lauterbrunnen, to Kandersteg and into the Valais; the greater part are difficult glacier-passes, in crossing which the aid of guides is indispensable.

No grand Alpine ascent, but a very enjoyable ramble along the foot of the glaciers leads over the easy **Gemmipass** from Kandersteg to Leuk in the Valais. The way winds in 35 turns up the mountain-side, high above the Gasterenthal to the Spitalmatte (1902 m), with a constant view of the **Altels-glacier,** then to the Hotel Schwarrenbach and along the dreary Daubensee to the **Gemmi-** or **Dauben-Pass.** Splendid view of the valley of the Rhone (panorama by X. Imfeld), the group of the Mischabel, Monte Rosa, Weisshorn, Zinal-Rothorn, Matterhorn, Dent Blanche etc. To the right of the pass rise the Daubenhorn and

Wildstrubel, and deep down below lie the baths of Leuk. The descent to the baths, although leading along yawning abysses, is not dangerous, as the mule-path is 1,5 metres broad and is rendered quite safe by railings etc.

From Frutigen, a new road to the right takes one to the flourishing and picturesque **Adelboden** (16 km from Frutigen, 1356 m above sea). The village with many boarding-houses for summer-guests, nestles against the sunny hill-side, 120 m over the Engstligenbach. Here is the starting-point for ascents to Wildstrubel, Bonderspitz, Männlifluh etc.

A passage of the highest interest crosses the intervening mountain ridge between Wildstrubel on the left and Kumihorn on the right in 5—5 1/2 hours to **Lenk.** The view from the height on Lenk and the surrounding Alpine scenery is surprisingly beautiful.

Lenk (Simmenthal) itself is celebrated for its Sanatorium and its two mineral-water springs, of which one, called the Balm-spring, is supposed to be the most sali-sulpherous in the world. The charming country around (the falls of the Simme on the Seehorn, the seven fountains, the cascade of Iffigen and the Rawyl-Pass to Sion, capital of the Valais) makes it well worth a prolonged stay, even for those, who enjoy perfect health. Lenk is reached by diligence through the

Simmenthal. (Diligence several times per day from Erlenbach.) Since 1897 this valley, which from Spiez to Saanen has a length of 38 km, has a railway-line as far



Cattle from the Simmenthal.

as Erlenbach. At the station of Oey a smaller valley, the **Diemtigthal,** (6 hours in length) opens on the left, separated from the Kanderthal and the Lenk by mountain-ranges up to 2800 m in height.

The Simmenthal, as well as the Diemtigthal, are so isolated, that they are rarely visited by tourists, although their scenery bears a real Alpine character. And yet the fame of these two valleys has long since spread far over the frontiers of Switzerland: for here is the home of the celebrated cattle, which finds its way to all parts of Germany, to Hungary, Russia etc. This race of cattle is prized for its build and colour (fallow), and for its great utility as milk-, fat- and draught-cattle. Both valleys are very much alike in character, but the Simmenthal is much more extensive. Any one, whose highest ideal on a visit to Switzerland does not consist merely of dangerous ascents over snow and ice, will find real pleasure in wandering through

these beautiful valleys, now made so easily accessible to all.

From Oey-station the road to the **valley of Diemtigen** ascends to the left along the merry Kirelbach, between wood-covered mountain slopes, down which numerous torrents are constantly rushing. On the right the valley is walled in by the precipitous slope of the Abendberg and the imposing pinnacles of the Thurnen (2081 m); on the left green pastures rise up to the ridge, 2300 m above, interrupted here and there by patches of dark mountain forest. At Horboden a pathway branches off to the „Rothbad“, celebrated for its iron springs.

Who ever gazes on these endless mountain pastures, is not surprised at the abundance of cattle in the valley. The Simmenthal shows exactly the same formation. On these pastures the genuine cow-herd is still to be found, the songs and legends of by-gone days are not yet forgotten. After 4 hours walking one reaches the highest level of the valley (about 1200 m), backed by Spielgerten (very difficult ascent), the Seehorn, Rauflihorn and Männlifluh. An amateur of forest scenery will be enchanted by the woods of Alpine firs and stone-pines, which adorn the mountain sides, and the magnificent groups of maple, sheltering the pretty farm-houses all over the valley. In 2—3 hours the highest senn-huts on the Grimmipass (famous springs) are easily reached, and at Kilei one is always sure of

a hearty welcome from the „Sennen“ or cow-herds. — If going by carriage as far as Thiermatten (point 1166 of Dufour's map), both the Grimmi and the Kilei can be visited in a single day from Thun.



Alpine Dairy-man from the Bernese Oberland.

Less romantic, because much wider, is the Simmenthal proper. The renowned baths of **Weissenburg** lie 1 1/2 hours distance from the station at Erlenbach. The gypsiferous springs here (17 ° Réaumur) are very

effective in cases of disease of the respiratory organs. Old and new baths in a narrow ravine. Higher up, at Zweisimmen, the valley divides in two, the road on the left ascending to Lenk, the other across the „Saanenmööser“ to Saanen. From here one can go on to Gsteig, and across the Col de Pillon to Aigle, or to the right along the Saane down to Bulle and Fribourg.

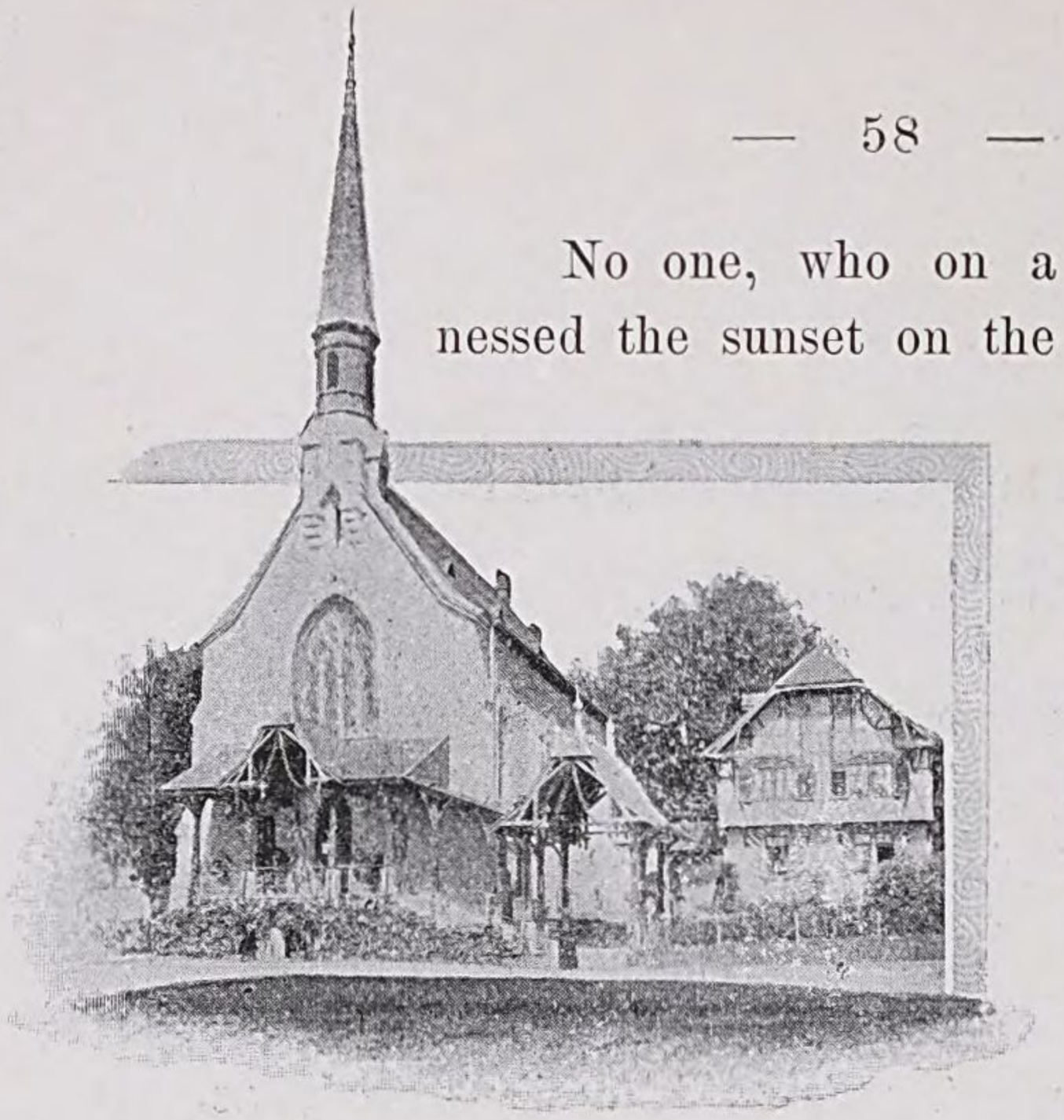


Thun as a health-resort.

By Dr. E. Mory. M. D.

In our days there are such a number of watering-places, health-resorts, spas and sanatoriums of all kinds, that even the physicians themselves are puzzled, where to send their patients in need of a change of climate. Of course any one merely seeking the modern society-life of fashionable watering-places is easily suited, as there are comparatively few of these large centres, where the world of fashion from all parts of the globe assembles during the season for amusement at the races, the gaming-table, the battle of flowers, regattas, carnival etc. They then return home spent and tired, or are obliged to seek rest and retirement in some secluded spot, there with nature's aid to reattain full health and vigour.

We need hardly call special attention to the fact, that Thun belongs to the quieter, but effective health-resorts in the real sense of the word, although a small, but charmingly situated Kursaal offers daily musical recreation to any one not satisfied with the fine scenery alone. Ample diversion is already supplied by the charming position of Thun itself and its immediate environs with the magnificent panorama of the Alps.



Roman-Catholic Church at Thun.

No one, who on a clear day has witnessed the sunset on the Alps from Thun, or in mid-summer has watched a thunderstorm forming in and descending from the Alps, — is ever likely to forget the powerful impression experienced at the time.

Centuries ago Thun and its environs was a favourite **health-resort** of the Bernese, not only on account of the charms of the lake and its beautiful borders, but because of the **pure air** and the agreeable temperature, which caused the noble families of the ancient town of Berne to build their castles and villas on the borders of the Wendelsee. J. V. Widmann in a chat about the lake of Thun says:

„. . . . . From these intimations one may infer, that on fine days in the latter part of summer the lake of Thun in colouring and reflections can easily compete with the wonders of Italy. According to my taste it even surpasses these in so far as its borders are covered with the rich verdure of the meadows, woods, rich pastures, etc. . . . . I lingered on my way home, as long as I could, wherein I was kindly aided

by a contrary wind. The moon had already risen, when my rowing-boat glided down the river and I lay to at Scherzligen. What makes it easier for me to bid farewell to the lake of Thun, is the thought of how easily it may be reached by the inhabitants of Berne. How much the lake offers, at least to any lover of nature, may be inferred from these slight sketches, although out of the abundance of its charms I have touched on only a few."

The celebrated medical-climatological writer Dr. Gsell-Fels gives the following description of Thun as a health-resort:

„**The climate of Thun** is mild and equable, and long has enjoyed a good reputation, due to the advantages of the relative height of the town (565 m), its sheltered position from **rough and cold winds,** especially from the north-east, the relatively slight changes of the temperature and the moderating influence of the lake."

During the season Thun has not the appearance of the neighbouring Interlaken with endless rows of hotel-omnibuses, hurrying to and from both stations, and with the motley crowd of imitation mountain-climbers and tourists; Thun has retained the character of a quiet and peaceful holiday-resort, so that it is especially suitable for **convalescents** or those suffering from **nervousness** and **restlessness.**

During the season several hundred visitors occupy the hotels and boarding-houses at Thun, most of these

being people, who stay here for a certain time, some of them returning regularly every year, attracted by the excellent climate, the charming scenery, the great variety of shaded walks along the lake, the Aare and on the Grüsisberg, and who prefer Thun to many other places, because it lies within easy reach of the Alps, yet apart from the daily noise and turmoil of the stream of tourists, for ever hurrying on their way through the Oberland. Of course some envious rivals of Thun have made the discovery, that it is excessively hot; this is true in so far as that on very hot summer-days it is very hot all over the globe, the polar regions of course excepted — even on the summit of the Alps, clad in everlasting ice and snow. And on these hot summer-days the cooling influence of the lake and of the two branches of the river, flowing through the town, is felt nowhere better, than at Thun. In the hot season a breeze rises in the latter part of the afternoon, increasing towards evening, without becoming too strong; this breeze ventilates the town, and thereby cools the air.

In the exceptionally hot summer of 1893 many families left the neighbouring health-resorts lying over 1200 m and sought refuge at Thun, where they were at least refreshed by the cool nights, which in that summer were very rare even in the highest places; this may also be owing to the fact, that the hotels at Thun are mostly massive stone buildings, which offer

better resistance to the summer heat, than the wooden palaces of the mountain villages.

By its climatic-geographical conditions Thun is especially adapted for a series of diseases, which we will touch upon in a few words below:

Convalescents from serious illnesses will find united here all the conditions necessary for promoting the renewal of the system and the drooping vitality of the organism. By these conditions we mean the relative height above the sea, the pure, bracing air, the short and in no way fatiguing walks along the borders of the lake or through cool forests of beech and fir, and the opportunity to make a **cure** with excellent and guaranteed pure **milk** (mostly from the cattle belonging to the hotel-keepers themselves). Near Thun (on the railway-line Thun-Burgdorf) lies the world-renowned milk-sterilising establishment of Stalden, whose products are highly and universally appreciated by all medical authorities for their sanatory effects in cases of chronic and acute diseases of the bowels of small children, of rachitis, scrofula and other irregularities of the constitution. In Thun fresh milk can be had daily. For further particulars see appendix.

For all suffering from **nervous diseases** a sojourn of a few weeks at Thun is recommended. The modern and rational treatment of **neurasthenia** (collective name for all depressed and excited conditions of the nervous system from the slightest irritability to that state of

melancholy almost bordering on psychosis) is more of a hygienic nature, changes of air and climate being the principal agents of this treatment. An ancient medical maxim says: quod ferrum non sanat, ignis sanat, quod ignis non sanat, natura sanat, i. e. what cannot be cut away, must be burned away, what cannot be burned away, must be left for nature to cure. If in this maxim the healing power of nature is used as an ultima ratio, this has now changed in so far, as in the treatment of nervous diseases the powers of nature are first brought into requisition. A much greater cure, than by brom-, arsenic-, quinine-, condurango-mixtures, tinctures, elixirs, wines etc., is now effected by changing the general mode of life, by living in another climate, moving about among beautiful scenery in a healthy country, free from the cares and sorrows of every-day life. The height of the place, where the invalid is staying, is also of the greatest importance. It is a fact, that a nervous patient cannot support the climate of the sea-shore, nor of the high mountains; exceptions from this rule are very rare; it seems as if in this case the French expression „les extrêmes se touchent“ were true, for both at the sea-side, and in the high mountains the nervous patient feels oppressed, excited, without sleep or appetite; for those, who are subject to nervous attacks of giddiness, it is even dangerous to visit the high mountains. The medium height of Thun (565 m) with a **sub-alpine climate** has a **calming and invigora-**

ting influence; this influence is increased, as we have already observed, by the fact, that Thun is a quiet, picturesque little town without the worry and hurry of a fashionable health-resort; the beautiful and ever-changing scenes around soon make the patient forget himself and the fixed ideas of his diseased brain, which of course in the drudgery and routine of every-day life was never possible. And if, besides rest of mind, he needs physical exercise, plenty of this is to be had in **rowing or sailing on the lake,** in short or extended walks near the town, excursions into the Alps etc., whilst almost every hotel has a lawn-tennis court attached. There are baths in the river (baths in the lake are projected). For more social diversion one has the Kursaal.

For **anaemic** patients Thun is also strongly recommended, whether this anaemia be of a symptomatic character, as after wasting diseases, or of a idiopathic character, as in cases of chlorosis of young girls and women. Every thing mentioned above helps to form the conditions, necessary for the regeneration of the blood, i. e. stimulation and the renewal of the system and appetite, mental equilibrium and favourable influence of the convening climate.

For the same reasons people suffering from **heart-disease,** for which a height over 600—800 meters would be injurious, can with success enjoy a summer season at Thun. Physicians, who are supporters of

Oertel's theory for health-resorts, will rarely find the required conditions more favourable than here.

By its height and the length of its season Thun is especially adapted for a **transitional station,** i. e. for such, who wish to visit the higher health-resorts in summer, and who descend again in autumn, to return to their northern homes, or to escape the winter's storms in the sunny South. It is a well-known fact, that even for the quite healthy a sudden and abrupt change of height may be injurious; therefore, whoever comes from low-lying countries and seeks a change of air in a height of 1000 meters and more, must take all the more care, that this transition from the low country to the heights takes place gradually. That is why the physicians of mountain health-resorts generally recommend the intermediate stations of the subalpine region.

The season at Thun lasts from the middle of April, when the trees are already covered with thick foliage and the elder is in bloom, **until the end of October,** so that the town is adapted both for a stay during a whole summer season and for an intermediate station before and after a cure in the high mountains, or in baths as the Gurnigel, Beatenberg, Weissenburg, Lenk, Faulensee, Heustrich etc.

The assertion of the great purity of the air at Thun is not a mere phrase, as may be seen from the following observations, made at almost the same time,

and recorded in the annals of the Observatory of Montsouris at Paris.

In a cubic-meter of air were found:

In Paris, in the Rue Rivoli . . .	55,000	bacilli.
In the park at Montsouris	7,600	„
In the park of an hotel-garden at Thun	25	„
On the lake of Thun	8	„
On the Eiger (4000 m)	0	„

This result so extremely favourable for Thun is not due to its elevation above the sea-level, but more likely to the ventilating power of the lake and the sunny position of the town.



One is still not quite unanimous, if **cycling** is healthy or not, although the greater number are of the opinion, that cycling, if not overdone, can only be good, provided the lungs and heart are in good condition. One of the worst consequences known is hyper-

trophy of the heart, resulting from too great muscular exertion with consecutive dilatation, which at many hospitals is shown as the typical „cyclist's heart“ beside the „beer-heart“ of Munich. Where the country is not level, and hills have often to be ascended, the danger of over-exerting the heart is naturally greater. Therefore the well-kept roads around Thun, leading on a perfect level through the idyllic country or along the picturesque borders of the lake form a veritable „Dorado“ for the wheelsman.

Milk-cures.

The milk of the **Berneralpen-Milchgesellschaft** (mentioned on p. 61) offers an opportunity for systematic **milk-cures,** as prescribed by Karell i. e. for diseases, in which the milk is not only used as nourishment, but even as remedy (follicular gastritis, ulceration of stomach or bowels, inflammation of the kidneys of a subacute or chronic nature). Attention is especially called to the fact, that **limited milk-cures,** i. e. the taking of milk between meals, as recommended to anæmic and convalescent persons, or to those suffering from nervous or heart-disease, can more easily be made with sterilised milk, as the functions of the digestive organs are less strained.

Although the Swiss Alpine milk is known as the best, purest and most agreable, there are people, who cannot support a milk-cure, as it causes flatulency and constipation, or a kind of nausea, which is not always a mere prejudice.

No food is liable to such a sudden change and turns sour so quickly in the hot season (not even excepting meat),

as milk. Whilst in meat the putrifaction, i. e. the development of bacilli and microbes, manifests itself by its smell and appearance, relatively fresh milk can contain an immense number of microbes and bacilli, without this being noticed either by the smell or appearance. Its effect becomes apparent, as soon as the milk is taken, when the organisms of fermentation disturb the digestion, causing the food, which should have promoted sanguification to become injurious to the system.

By the process of rational sterilisation the development of these injurious microbes is made impossible, and, as sterilised milk needs no further boiling, it retains its former agreeable taste. This sterilised milk is produced by the world-famed establishment of the **Berneralpen-Milchgesellschaft at Stalden** (situated in the Emmenthal, 2 1/2 hours from Thun), and this Society has installed a **milk-bar in the Kursaal,** where their produce can be drunk guaranteed pure and free of bacilli. This milk is also sold at the Society's depots in patent sealed bottles. The milk being very rich, we should recommend mixing it with mineral water (Grimmialp-water, [gypsiferous and ferruginous], Vichy- or Selters-water), or adding a little cognac, brandy etc., as an alcoholic addition facilitates the digestion of the milk.

The process of sterilisation is essentially as follows:

The establishment lies in a charming country, a visit to which (by carriage) is recommended, and was erected several years ago, after a thorough study of the technical side of the question by Professor Raoul Pictet in Berlin.

The cows, which furnish the milk for sterilisation, are subjected to constant supervision by the inspectors of the Society; diseased or badly kept animals are severely excluded. The milk is drawn into pails, provided by the Society, which are cleaned and thoroughly sterilised by steam before milking. **The sterilisation of the milk itself takes place immediately**

after milking, so that the few bacilli and germs, which may be present, are killed, before they have time for development. **This is a distinct and very important advantage over the establishments, which undertake the sterilisation of milk in the towns.**

For the **process of sterilisation** itself all the experiences and important patents have been made use of, and today, after great improvements have been realised in the establishment itself, the process is by far the best and most reliable in existence.

The milk itself is of the **purest quality** from one of the best regions and from healthy, strictly supervised cattle. **The quality is thus guaranteed in a measure, which cannot be attained elsewhere.**

We call special attention to the fact, that by sterilisation any infection of the milk by murrain-diseased cattle is made impossible.



Town-hall at Thun

Practical notes.

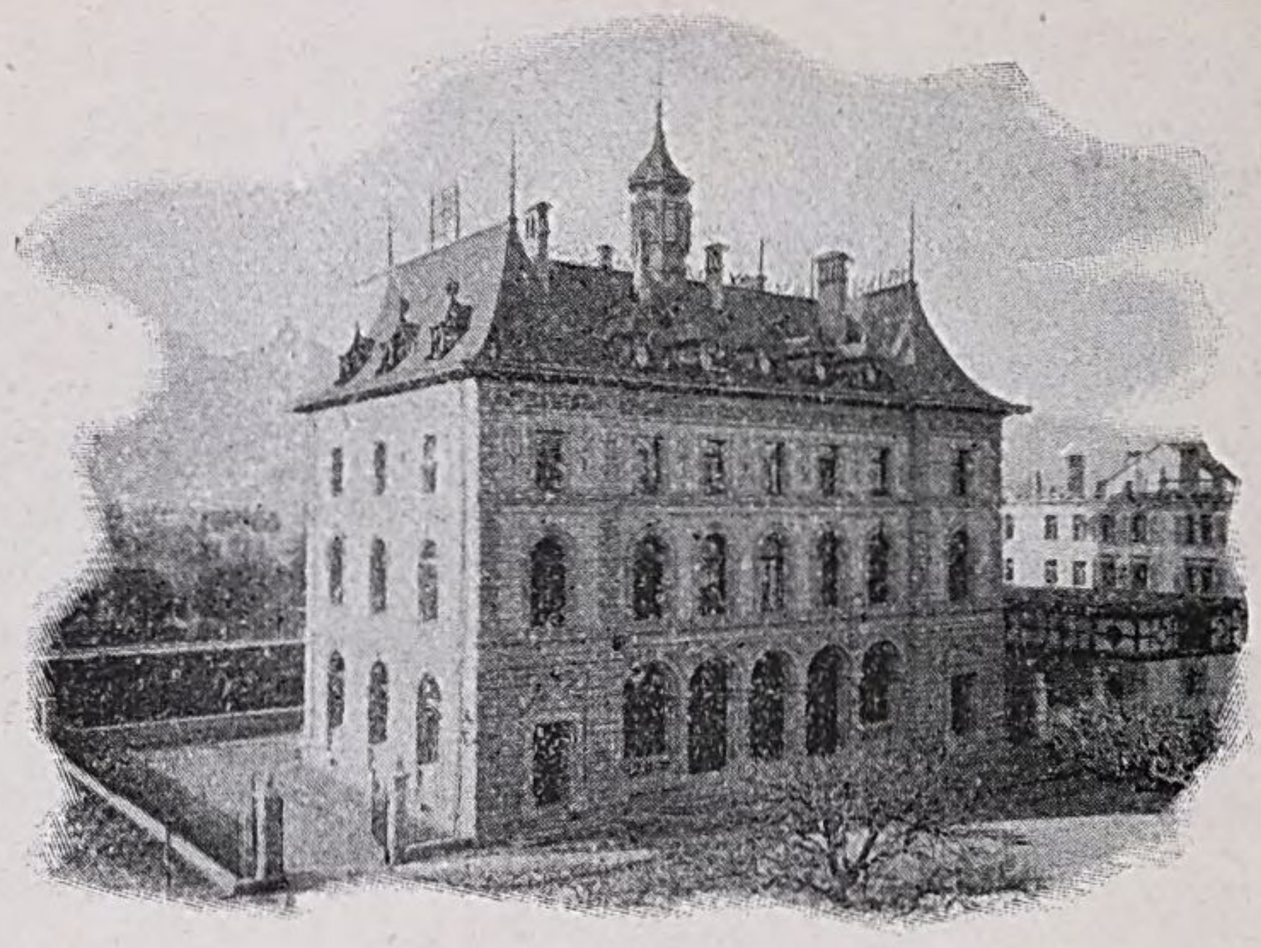
Gratuitous enquiry-office of the Verkehrs- and Kurverein: Stämpfli, bookseller, Rathausplatz.

Visitors' list: Rippstein, bookseller, obere Hauptgasse.

Exchange: Spar- and Leihkasse (Unterbälliz) and branch-office of the Kantonalbank (near the station).

Railway-stations: Station of the Schweizerische Centralbahn and (from 1899) of the line Burgdorf-Thun with branch-line to Lucerne to the north-west of the town. Scherzligen-station on the lake (terminus of the Schweiz. Centralbahn and the Thunerseebahn). Travellers to Thun leave the train at the station in the town, where the hotel omnibuses await every train.

The **mail-coaches** start from the post-office at Bälliz (where the tickets have to be taken).



Post- and Telegraph-office at Thun

Post-office: Head-office at Bälliz (telegraph and telephone on the first floor). Open in summer:
Week-days: 7 a. m. — 8 p. m.
Sundays: 7—9 a. m., 11 a. m. — 12, and 3—4 p. m.
The **telegraph-office** is open daily from 7 a. m. — 9 p. m.

HOTELS:

Hofstetten:	Thunerhof (Grand Hotel) . .	200 beds.
	Bellevue	150 „
	Baumgarten	100 „
In the Länggasse:	Pension Itten . . .	100 „
In town:	Postgasse: Freienhof	50 „
Bälliz:	Falken	50 „
	Kreuz	30 „
Rathausplatz:	Krone	30 „
Bahnhofstrasse:	Schweizerhof	30 „
Lower town:	Bären	20 „
Rathausplatz:	Metzgern	20 „
Opposite the post-office:	Simmenthalerhof	20 „

Divine service: German-Protestant National Church:
In the church on Castle-Hill.
French-Protestant: In Scherzligen-church.
Old-Catholic: In the confirmation class-room next to the church-yard.
Roman-Catholic: In the church at Hofstetten near the Thunerhof.
English (High-church): In the chapel behind the Bellevue.

Baths in the Aare at Schwäbis: open daily:
For gentlemen: 5—7 a. m., 10 a. m. —12, and from 6 p. m., Saturdays from 5 p. m. and Sundays from 4 p. m.
For ladies: 7—10 a. m., 2—3 p. m., Wednesdays 2. 30—4 p. m.

News-papers can be had of all booksellers.

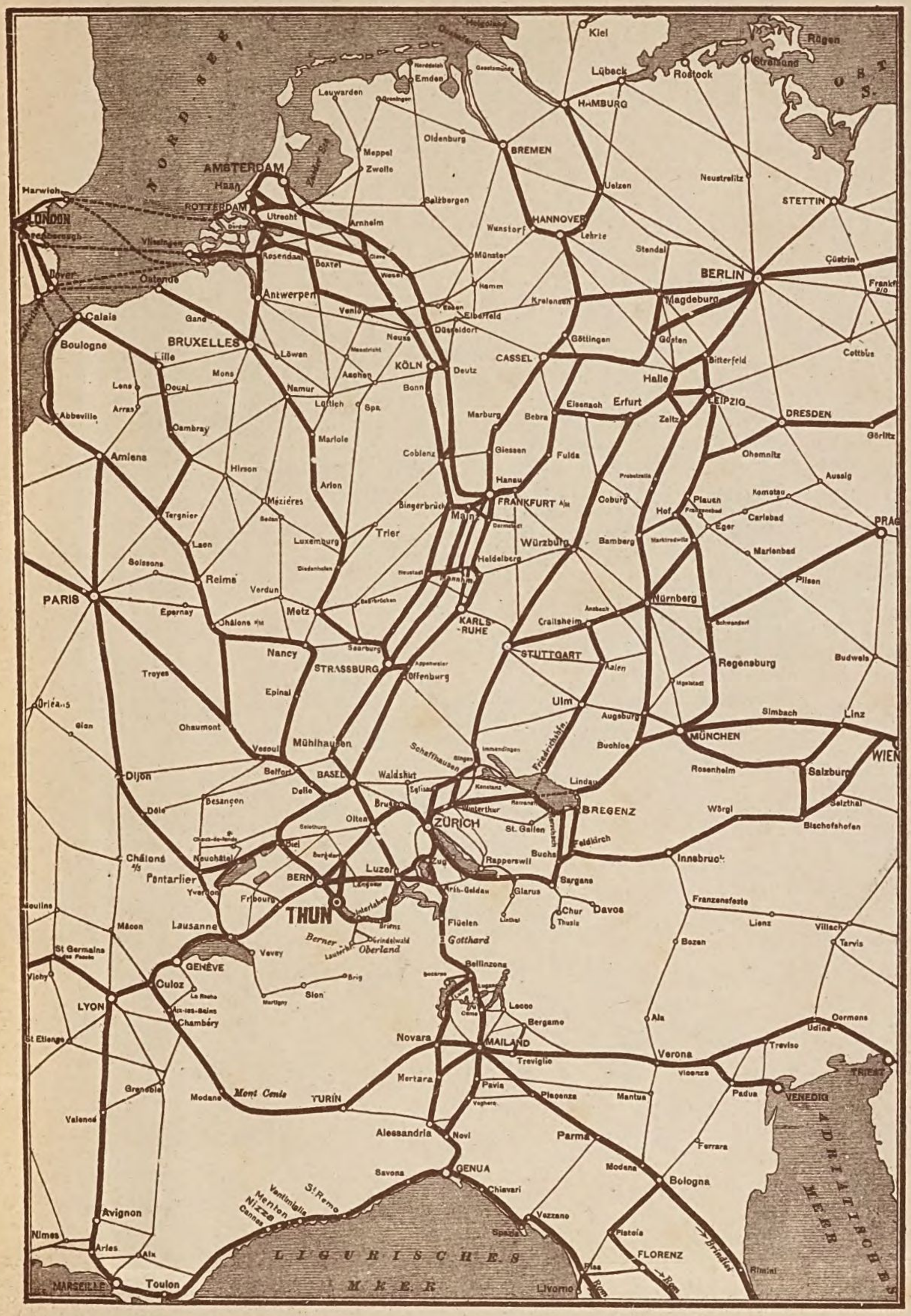


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Leuwarden
Groningen
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Cambray
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Hanau
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KARLS-RUHE
Schwandorf
Saarburg
Nancy
STUTTGART
Regensburg
Budweis
STRASSBURG
Troyes
Aalen
Offenburg
Epinal
Ingolstadt
Ulm
Orléans
Augsburg
Simbach
Linz
Dijon
Vesoul
Mühlhausen
Schaffhausen
Friedrichshfn.
MÜNCHEN
Buchloe
Rosenheim
Salzburg
WIEN
Belfort
BASEL
Waldshut
Lindau
Delle
Besançon
Konstanz
Winterthur
BREGENZ
Wörgl
Selzthal
Dôle
Olten
ZÜRICH
St. Gallen
Bischofshofen
Feldkirch
Châlons s/S
Neuchâtel
Zug
Rapperswil
Innsbruck
Pontarlier
BERN
Luzern
Sargans
Yverdon
Fribourg
Arth-Goldau
Glarus
Franzensfeste
Moulins
THUN
Chur
Davos
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Villach
Mâcon
Lausanne
Interlaken
Flüelen
Thusis
Tarvis
Berner Oberland
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Bozen
St Germains
Vevey
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GENÈVE
Brig
Bellinzona
Culoz
Sion
Lugano
LYON
Martigny
Lecco
Ala
Chambéry
Bergamo
Novara
MAILAND
Verona
Treviglio
Vicenza
Mortara
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Novi
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Ventimiglia
St Remo
Menton
Nizza
Cannes
Chiavari
Avignon
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Spezia
Pistoia
Nimes
Arles
Aix
FLORENZ
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M E E R
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Pisa
Rom
Rimini
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BSB Bayerische StaatsBibliothek
MDZ Münchener DigitalisierungsZentrum Digitale Bibliothek

Huber, Carl

Thun and its environs Guide, published by the society for the promotion of intercourse with Thun revised by Carl Huber. Appendix: Notes on climate and sanatory advantages of Thun by E. Mory

Thun 1898

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